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A COMPANION WORKBOOK BY THE AUTHORS OF
BESTSELLING *THE CARBOHYDRATE ADDICT*

DR. RACHAEL F. HELLER
DR. RICHARD F. HEL



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YOUR LIFE
AND YOUR
WEIGHT

The Carbohydrate Addicts Program For Success

Rachael F. Heller, Richard F. Heller



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The Carbohydrate Addict's Program for Success Rachael F. Heller, Richard Ferdinand Heller, 1993 As the authors of the phenomenally successful Carbohydrate Addict's Diet know losing weight is hard work Even harder however is keeping the weight off sticking to the new patterns of eating necessary for success Now Drs Heller and Heller provide the additional support that every carbohydrate addict needs to succeed **The Carbohydrate Addict's Diet/the Carbohydrate Addicts Program for Success** Dr Rachael F Heller, Richard F. Heller, 1993-03-01

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encyclopedia examines the basics of nutrition and dieting presenting the important people concepts and criticisms involved and examining the pros and cons of different plans This A to Z reference describes many of the health fads and fashions of the past as well as current trends in weight loss to help people understand the principles of weight loss and the benefits of healthy choices The authors help to identify effective means of losing weight and maintaining a healthy lifestyle placing

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The Wellspring Weight Loss Plan Daniel S. Kirschenbaum, 2011-03-01 The Wellspring Weight Loss Plan outlines the weight loss program of the same name that has helped thousands of teens lose weight and find happiness This plan is built on three principles science simplicity and sustainability and follows the 3 1 8 plan 3 Simple Behavioral Goals eat as little fat as possible walk at least 10 000 steps per day and write down your eating and activities 1 Challenging Mission to develop a healthy obsession 8 Steps to Developing a Healthy Obsession Make the Decision Know the Enemy Your Biology Eat to Lose Find Lovable Foods that Love You Back Move to Lose Self Monitor and Plan Consistently Understand and Manage Stress With and Without Food and Use Slump Busters to Overcome Slumps Hundreds of news and television stories around the world have followed the development of Wellspring s programs starting with two camps in the summer of 2004 and expanding to 12 programs in the summer of 2010 From Wellspring Camps to Wellspring Academies the world s first boarding schools for overweight teenagers to Wellspring Vacations and Retreats eight day programs for adults Wellspring participants learn to master the 3 1 8 approach described in The Wellspring Weight Loss Plan Find out why this program works and use it to transform the lives of teens you know

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