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Eat For Health Lose Weight, Keep It Off, Look Younger, Live Longer, Joel Fuhrman, M.D., Jan 30, 2013, Health & Fitness, 453 pages. Introduces a nutritional approach to weight loss and the prevention and management of chronic disease..

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A Single Shard , Linda Sue Park, 2003, Juvenile Fiction, 152 pages. Tree-ear, a thirteen-year-old orphan in medieval Korea, lives under a bridge in a potters' village and longs to learn how to create the delicate ceramics himself after he.

The Dog Diet, A Memoir What My Dog Taught Me About Shedding Pounds, Licking Stress and Getting a New Leash on Life, Patti Lawson, Apr 11, 2006, Biography & Autobiography, 271 pages. After becoming the owner of a puppy, author Lawson began to recognize her dysfunctional relationship with food..

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The Korean Diet, Rosemary Ferraro, Apr 1, 2008, Health & Fitness, 52 pages. I, like many women,

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The Royal Marines Circuit Training The All-Round Commando Fitness Programme, Robin Eggar, Dieter Loraine, 1996, Circuit training, 144 pages. Low-tech circuits, or repetitive exercises on specific muscle groups, are an increasingly popular way of exercising and this is exactly what the Royal Marines have been doing.

Sapphire, Rosemary Rogers, 2006, Young women, 473 pages. Sapphire finds herself kidnapped by her loathsome distant cousin and taken to America. There, he offers the choice - become his mistress or become his maid..

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