



The Complete Weight Loss Workbook: Proven Techniques for Controlling Weight-Related Health Problems

Judith Wylie-Rosett

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Weight loss tips for people with diabetes

Lose weight and keep it off! This is the same lifelong weight-control plan used by a National Institutes of Health research study to help more than 1,500 people lose weight. This book can help readers tailor a personalized plan to meet their goals.

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