



Thin for Life

Anne M. Fletcher

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Anne Fletcher's acclaimed bestseller, which refuted the popular notion that losing weight permanently is hopeless, is revised to include a discussion of high-protein, low-carbohydrate diets, obesity medications, a body mass index chart, and an updated references list. Updated stories from the masters--those who have lost weight and kept it off, along with statistics from the National Weight Control Registry reinforce Fletcher's message that losing and maintaining weight-loss are attainable goals.

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