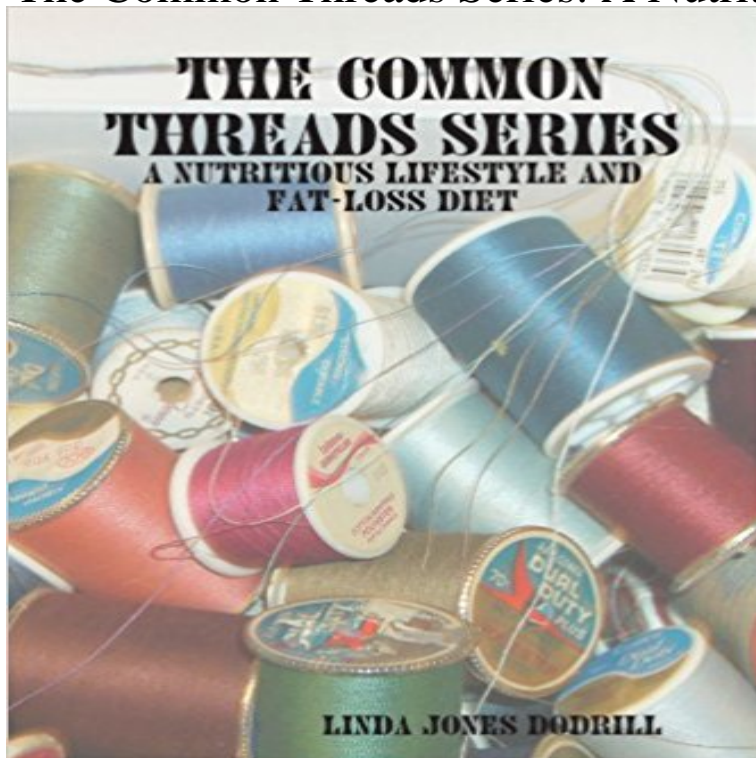


The Common Threads Series: A Nutritious Lifestyle and Fat-Loss Diet



An overview book that has pulled the common factors (ones that work and that common sense and diet book authors agree upon) from multiple diets - that can serve as a stand-alone item or direct further reading on the topic. The Common Threads Series: A Nutritious Lifestyle and Fat-Loss Diet addresses the following diet concerns:

- .Weights and Measures
- .What to Eat
- .When to Eat
- .What to Avoid or Omit from the Menu
- .The Finer Points
- .Plan Ahead for Success
- .Exercise
- .Support
- .Tips
- .Some Quick Math

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