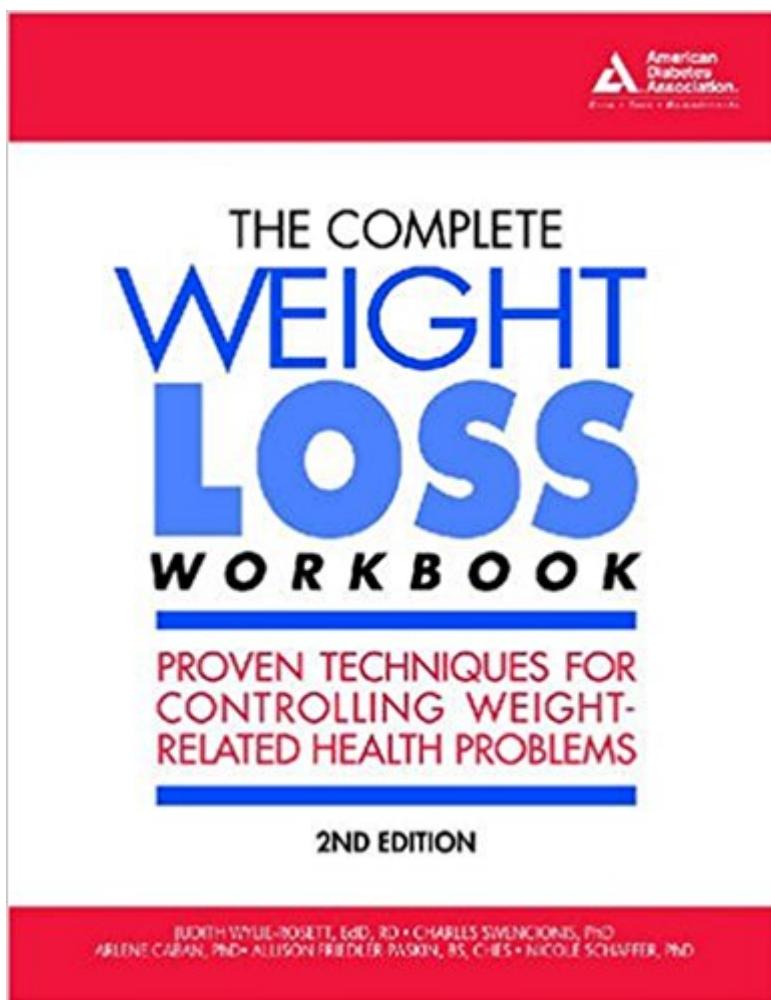


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# The Complete Weight Loss Workbook: Proven Techniques For Controlling Weight-Related Health Problems



## Synopsis

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.

## Book Information

Paperback: 288 pages

Publisher: American Diabetes Association; 2 edition (July 23, 2007)

Language: English

ISBN-10: 1580402569

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Product Dimensions: 8.4 x 0.7 x 10.8 inches

Shipping Weight: 1.7 pounds

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #286,721 in Books (See Top 100 in Books) #24 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #240 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #1352 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases

## Customer Reviews

Judith Wylie-Rosett, Ed.D., R.D. is the lead author and associate director of the Diabetes Research and Training Center at the Albert Einstein School of Medicine at Yeshiva University. She is also a coauthor of 101 Weight Loss Tips for People with Diabetes.

This book contains excellent worksheets, sample menus, and some recipes. It is informative with scientific specifics presented and explained. The content increased my knowledge of weight management and provided helpful strategies. I couldn't implement all of the suggestions but some have really stuck with me. There are helpful hints throughout the book. I recommend it to those looking to control their weight.

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