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Kathy Freston is the author of four previous books, two of them--The One and Quantum Wellness--instant New York Times bestsellers. She appears frequently on national
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Losing weight and getting healthier

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2 quotes from Veganist: Lose Weight, Get Healthy, Change the World: You know you are addicted to a food if despite knowing it is bad for you and despite

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Exercise Recommendations. In The Veganist, Kathy Freston says if you want to lose weight faster the healthy way to achieve this is to do more exercise.

How to lose weight (with calculator) - wikihow

How to Lose Weight. Are you tired of carrying around extra pounds? You don't need to lose weight if you're already in your healthy weight range.

Healthywage - official site

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Kathy Freston, author of Veganist: Lose Weight, Get Healthy, Change the World (Wienstein Books, February 2011), just launched her newest book The Lean: A

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MORE LOSE WEIGHT. 2884. Nutritionists Once Brittany Wolfe got over her fear of getting healthy, the weight started to fall off. 7 Women Explain How They Lost

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