

Get Slim and Stay Slim: The Psychology of Weight Control, 1989, James Barrie Ashcroft, 0192617389, 9780192617385, Oxford University Press, Incorporated, 1989

Many people would like to lose weight but repeatedly fail to stick to diets. In this book two psychologists explain how to change eating patterns in order to stay slim permanently. The authors stress that it is possible to enjoy eating without feeling guilty, and to get slim and healthy in the process.

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If I'm So Smart, Why Can't I Lose Weight? Tools to Get It Done, Brooke Castillo, Oct 6, 2005, Health & Fitness, 248 pages. "Find, challenge, and change the emotional issues that keep you from achieving your ideal weight. Learn why you shouldn't exercise for results and how to pinpoint what's.

Grace , Michael Stewart, 1992, Radiation, 390 pages. When Grace, a seventeen-year-old girl plagued by apparitions of her long-dead twin, becomes pregnant while still a virgin, Dr. Leonard begins an investigation into the.

Single White Psychopath Seeks Same , Jeff Strand, Mar 1, 2005, Fiction, 184 pages. "Sometimes you wake up in the morning and you just know it's going to be the kind of day where you end up tied to a chair in a filthy garage while a pair of tooth-deprived.

Atlas of otologic surgery , Marcos V. Goycoolea, Michael M. Paparella, Rick L. Nissen, 1989, Medical, 369 pages. Incl. hypothesis.

Prevention's Shortcuts to Big Weight Loss Slim Your Belly, Butt, and Thighs--And Get Fit Twice as Fast, Chris Freytag, Jan 1, 2007, Abdominal exercises, 372 pages. A personal trainer and lifestyle expert introduces a series of ten-minute workouts to help readers lose weight, burn fat, slim and tone problem areas, and promote overall fitness..

Strong, Slim, and 30 Eat Right, Stay Young, Feel Great, and Look Fabulous, Lisa Drayer, 2007, Health & Fitness, 255 pages. Written by Lisa Drayer, who is a thirty-something herself and the nutrition reporter for CNN and WCBS-TV, this book aims to offer a nutritional plan which has been tailored to.

Size 2 for Life The Rational, Frame-adjusted Approach to Weight Loss for Women, Ashley Marriott, Marc L. Paulsen, May 20, 2010, Reducing diets, 258 pages. This is the second edition of the popular new fitness program that can make and keep almost any woman a frame-adjusted size 2. The program is not designed for body builders or.

A stoma is for life a study of stoma care nurses and their patients, Barbara Wade, Jan 1, 1989, Health & Fitness, 219 pages. .

Fat Burner Get Slim Using the Glycemic Index Theory of Food Combining, Marion Grillparzer, Martina Kittler, 2001, Cooking, 64 pages. Over 40 recipes show how food and drink can fuel happiness and a healthy body..

6 Weeks to a Hollywood Body Look Fit and Feel Fabulous with the Secrets of the Stars, Steve Zim, Mark Laska, Feb 10, 2006, Health & Fitness, 240 pages. The three key secrets of the Hollywood Body System are revealed in a guide to the breakthrough individualized and interactive six-week program, created by a leading Hollywood.

The Get Slim-Stay Slim Program , Paul L. Rodriguez, Jan 1, 2000, Health & Fitness, 218 pages. .

The practice of primary dental care , Mary Casey Jacob, Diane Plamping, 1989, Medical, 228 pages. .

The New Way to Eat and Get Slim , Donald Gray Cooley, 1949, Diet, 208 pages. .

Long-Term Complications of Therapy for Cancer in Childhood and Adolescence , Daniel M. Green, 1989, Medical, 171 pages. .

The Mind Is Not the Heart Recollections of a Woman Physician, Eva J. Salber, 1989, Biography & Autobiography, 304 pages. Available for the first time in paperback, Eva Salber's The Mind Is Not the Heart (originally published in 1989), is the personal and political story of a white, Jewish, South.

Building School-based Professional Learning Communities that Work , Natalie Ogrodiuk-Whaley, 2007, , 123 pages. Presently, Alberta Education recommends that educators work collaboratively using the school improvement model of Professional Learning Communities (PLCs), a vision shared by Modern Cursive Today 6: Write with Flair, Book 6 Write with Flair, Deborah Davis, Chris Rawlins, Jan 1, 2005, Copybooks, 64 pages. For teachers looking for a modern and refreshing approach to the teaching of handwriting, Modern Cursive Today offers many new and innovative features. Each of these are Lute Society of America, Inc. Quarterly, Volumes 38-39 , , 2003, Lute Presents the story of how the Chenerey family came to breed and race Secretariat along with the history of the family and the land in which they bred racehorses. Offers advice for healing different types of psychological problems with herbs, meditation, and other alternative treatments. A comprehensive guide that lets you play the options game with confidence Due to the uncontrollable elements associated with options, many traders find themselves without.

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America's new women entrepreneurs tips, tactics, and techniques of women achievers in business, Patricia Harrison, May 1, 1986, Business & Economics, 224 pages. Thirty-two businesswomen briefly describe their lives and career accomplishments, and share advice on becoming a successEat smart for a healthy heart cookbook , Denton A. Cooley, Carolyn E. Moore, 1987, Cooking, 386 pages. Contains information on nutrition and its relation to heart disease, high blood pressure, and other serious illnesses, and presents nearly four hundred health-promoting recipes Breakfast the Night Before Recollections of an Irish Horse Dealer, Marjorie Quarton, 2000, Biography & Autobiography, 214 pages. A lovely memoir for lovers of horses and of the farming life. Marjorie Quarton gives a personal view of rural Irish life from the 1930s to the 1970s, describing the upbringing

Persons , Warren Bourgeois, Apr 7, 2003, Philosophy, 533 pages. Can a person suffer radical change and still be the same person? Are there human beings who are not persons at all? Western philosophers, from the ancient Greeks to

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Following God Learning Life Principles from the Personalities of the Old Testament, Wayne Barber, Eddie Rasnake, Richard L. Shepherd, Oct 1, 1998, Religion, 208 pages. This is the first in a series of five books designed to provide a personal look at the lives of key characters found in the Bible. The theme emphasized the importance of download Get Slim and Stay Slim: The Psychology of Weight Control Oxford University Press, Incorporated, 1989

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The Descent of Man, and Selection in Relation to Sex , Charles Darwin, 2004, Philosophy, 791 pages. Originally published in 1871, the controversial sequel to The Origin of Species tackles the issue of human evolution, linking human beings to apes and proposing the provocative

The author relates some of his most memorable experiences in his life-long relationship with the wilderness.

Kidnapped , Robert Louis Stevenson, Jan 1, 2009, Juvenile Fiction, 184 pages. Robert Louis Stevenson was a Scottish essayist, poet, novelist, and travel writer. His most famous works are Kidnapped, Dr Jekyll and Mr Hyde, and Treasure Island. In KidnappedDreadnought Gunnery and the Battle of Jutland The Question of Fire Control, John Brooks, 2005, History, 321 pages. This new book reviews critically recent studies of fire control, and describes the essentials of naval gunnery in the dreadnought era. With a foreword by Professor Andrew download Get Slim and Stay Slim: The Psychology of Weight Control

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The Tale of Genji , Lady Murasaki, Murasaki Shikibu, 1929, Fiction, 190 pages. The classic novel of court life in tenth and eleventh-century Japan centers on the exploits of a nobleman known as the shining Genji, son of an emperor, and those of Kaoru

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New light on the Northeast African past current prehistoric research : contributions to a symposium, Cologne 1990, Frank Klees, Rudolph Kuper, 1992, Social Science, 248 pages

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A Man's Guide To Food As Foreplay, How to Invite Romance Into Your Life , Jerry Solomon, 2009, Fiction, 124 pages. A life truly worth living consists of two vital elements: food and sex. Jerry Solomon's A Man's Guide to Food as Foreplay delves into those two necessities -- how to cook and

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