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Losing weight and getting healthier

which is a good indicator of whether you're at a healthy weight. The next step is to remember that losing the weight isn't Keep losing weight,

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Veganist : Lose Weight, Get Healthy, Change the World by Kathy Freston (2011, Hardcover) (Hardcover, 2011)
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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