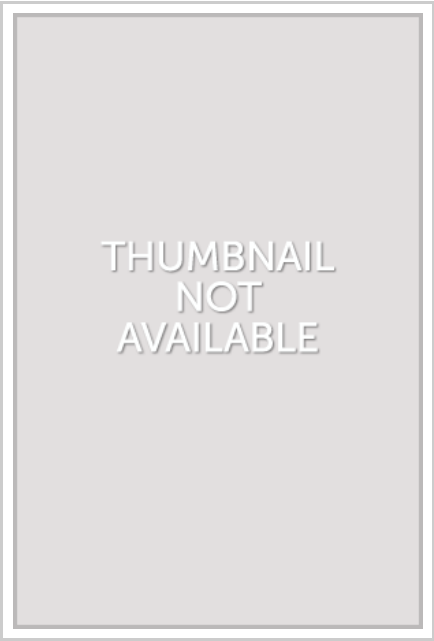



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# Fit from Within: 101 Simple Secrets to Change Your Body and Your Life - Starting Today and Lasting Forever

By Victoria Moran

McGraw-Hill. Paperback. Book Condition: New. Paperback. 288 pages. This is the book that everyone plagued with extra pounds has been waiting for. --Richard Carlson, author of Dont Sweat the Small Stuff Fit from Within will provide you with everything you need to know to start living fully and stop dieting. What a relief! --Christiane Northrup, M. D. , author of Womens Bodies, Womens Wisdom Fit from Within is a down-to-earth, nononsense guide to nutrition, weight management, and health. Forget the hype and use what works, with Victoria Moran as your guide. --Larry Dossey, M. D. , author of Healing Beyond the Body, Reinventing Medicine, and Healing Words With more than 50 percent of Americans overweight, its clear that the secret to ending the struggle with food, weight, and body image isnt in the latest diet or fad. Through personal experience, Victoria Moran has found that maintaining weight loss is more about honesty and courage than counting carbs. With Fit from Within, she presents a body-mind-spirit approach to losing weight, showing how to find self-acceptance and break the blame cycle that surrounds forbidden foods. With compassion and humor, Moran will help readers stop watching their weight--and start living their lives. This...

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