



Chicken Soup for the Soul Healthy Living Series: Weight Loss: Important Facts, Inspiring Stories

Jack Canfield, Mark Victor Hansen

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
Chicken Soup for the Soul Healthy Living Series: Weight Loss: Important Facts, Inspiring Stories Jack Canfield, Mark Victor Hansen

This new series from Chicken Soup for the Soul—inspirational stories followed by positive, practical medical advice for caregivers and patients—is the perfect blend of emotional support and vital information about weight loss including:

- Weight Loss Goals
- The Right Attitude
- Diet Tips
- Healthy Snacks
- Emotional Eating
- Family Affairs
- Smart Exercise
- Finding Support
- Loving the New You

Chicken Soup for the Soul partners with top doctors to give you the information you need to survive-and the positive inspiration to thrive. Each book features beautifully written stories plus information on diet, lifestyle, diagnosis, procedures, caregiving, emotional issues and alternative therapies from some of the world's foremost experts.

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