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# THE COMPLETE IDIOT'S GUIDE™ TO

"Finding your own balance of good food, attitude, and exercise is the key to reaching your weight-loss goals. This book is all you need to do it."

—Elaine Khosrova,  
food and nutrition editor,  
Healthy Living magazine

# Losing Weight

- ◆ Common-sense strategies for losing weight and keeping it off
- ◆ Idiot-proof steps for creating realistic menus and exercise programs
- ◆ Down-to-earth advice on setting reasonable lifetime goals

Susan McQuillan, M.S., R.D.,  
with Edward Saltzman, M.D.



# Idiots Guide To Loosing Weight

**Robert R. Redfield**



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