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Title: The Diet Dropout's Guide to Natural Weight Loss: Find Your Easiest Path to Naturally Thin Author: Stan Spencer, PhD Publication: January 1,

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the diet dropout's guide to natural weight loss

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the diet dropout's guide to natural weight loss. Menu The Author. Stan Spencer is a consulting biologist in Southern California, where he lives with his wife, Amy, and a varying number of their seven children. He earned a Ph.D. in botany at Claremont Graduate University and has conducted research in biochemistry at Brigham Young University ...

The Author - the diet dropout's guide to natural weight loss

This author deals with "diet" from many angles, as other reviewers have noted. I love that the first issue addressed is "mindfulness". I've tried meditation for much of my adult life and have read about it, but in a few easily-read pages of the Diet Dropout's Guide, I picked up

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