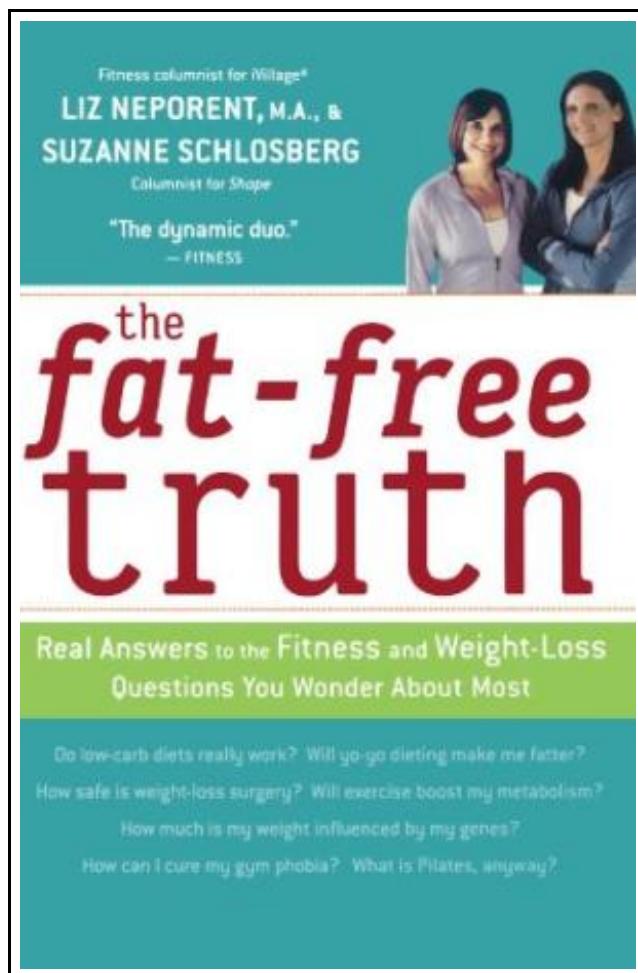


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Houghton Mifflin. Paperback. Book Condition: New. Paperback. 368 pages. Dimensions: 8.2in. x 5.5in. x 1.0in. Atkins works! Eat grapefruit -- shed weight! Pilates gives you long, lean muscles -- no bulk! Each day we are bombarded with conflicting fitness information, promises, and advice -- from the Internet, magazines, books, TV, advertising, experts, trainers, coaches, friends. But how do you know whom you can trust? In *The Fat-Free Truth*, Liz Neporent and Suzanne Schlosberg cut through the noise, synthesize the literature, and get to the truth by providing 239 accurate, straight-shooting answers to Americas most pressing fitness and weight-loss questions. No one understands the excess of misinformation out there better than Liz and Suzanne. For ten years, Suzanne has written *Shapes* Weight Loss Q and A, the most popular column in the countrys largest fitness magazine. Liz fields weekly questions as the Fit by Friday columnist for *iVillage*, the leading Internet site for womens issues. Together they receive more than a thousand questions a month from people nationwide. Frank, funny, and endlessly informative, *The Fat-Free Truth* assembles in one place everything you really need to know to get fit and stay fit -- and to keep your sanity while doing so. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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