

**When Everything  
Else Fails...**

# **The Last Chance Diet**

**A Revolutionary New  
Approach to Weight Loss**

**by Dr. Robert Linn**  
with Sandra Lee Stuart

As Featured in  
**Family Circle**

# The Last Chance Diet When Everything Else Has Failed Dr Linns Protein Sparing Fast Program

**AW Chickering**



## **The Last Chance Diet When Everything Else Has Failed Dr Linns Protein Sparing Fast Program:**

*The Last Chance Diet--when Everything Else Has Failed* Robert Linn, Sandra Lee Stuart, 1977      *The Last Chance Diet--when Everything Else Has Failed* Robert Linn, Sandra Lee Stuart, 1976 A specialist in the field of bariatric medicine explains his protein sparing fast program for losing weight swiftly and changing one's eating attitudes and habits using a substance called Prolinn      *Diets and Dieting* Sander L. Gilman, 2008-01-23 Diets and dieting have concerned and sometimes obsessed human societies for centuries The dieters regime is about many things among them the control of weight and the body the politics of beauty discipline and even self harm personal and societal demands for improved health spiritual harmony with the universe and ethical codes of existence In this innovative reference work that spans many periods and cultures the acclaimed cultural and medical historian Sander L Gilman lays out the history of diets and dieting in a fascinating series of articles      **Rethinking Thin** Gina Kolata, 2008-04-29 In this eye opening book New York Times science writer Gina Kolata shows that our society's obsession with dieting and weight loss is less about keeping trim and staying healthy than about money power trends and impossible ideals Rethinking Thin is at once an account of the place of diets in American society and a provocative critique of the weight loss industry Kolata's account of four determined dieters progress through a study comparing the Atkins diet to a conventional low calorie one becomes a broad tale of science and society of social mores and social sanctions and of politics and power Rethinking Thin asks whether words like willpower are really applicable when it comes to eating and body weight It dramatizes what it feels like to spend a lifetime struggling with one's weight and fantasizing about finally at long last getting thin It tells the little known story of the science of obesity and the history of diets and dieting scientific and social phenomena that made some people rich and thin and left others fat and miserable And it offers commonsense answers to questions about weight eating habits and obesity giving us a better understanding of the weight that is right for our bodies      *The Marine Corps Gazette*, 1981      *The Oprah Phenomenon* Jennifer Harris, Elwood Watson, 2007-03-16 Excellent essays on a business empire a cultural phenomenon and the nature of the extraordinary bond between Oprah Winfrey and her fans Journal of Social History Oprah Winfrey has built an empire on her ability to connect with and inspire her audience No longer just a name Oprah has become a brand representing a unique style of self actualizing individualism The cultural and economic power wielded by Winfrey merits critical evaluation The contributors to *The Oprah Phenomenon* examine the origins of her public image and its substantial influence on politics entertainment and popular opinion Contributors address praise from her supporters and weigh criticisms from her detractors Winfrey's ability to create a feeling of intimacy with her audience has long been cited as a foundation of her popularity She has made headlines by engaging and informing her audience with respect to her personal relationships to race gender feminism and New Age culture *The Oprah Phenomenon* explores these relationships in detail At the root of Winfrey's message is her assertion that anyone can be a success regardless of background or upbringing The contributors scrutinize

this message What does this success entail Is the motivation behind self actualization in fact merely the hope of replicating Winfrey s purchasing power Is it just a prescription to buy the products she recommends and heed the advice of people she admires or is it a lifestyle change of meaningful spiritual benefit The Oprah Phenomenon asks these and many other difficult questions to promote a greater understanding of Winfrey s influence on the American consciousness Identifies the common threads that run through Oprah s empire the demographics of her audience how she brings together women of diverse backgrounds and her use of empathy and encouragement to foster self improvement Library Journal With a foreword by Robert J Thompson     **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office,1977     *Good Housekeeping* ,1977     Subject Catalog, 1976 Library of Congress,1976     Subject Catalog Library of Congress,

## Decoding **The Last Chance Diet When Everything Else Has Failed Dr Linns Protein Sparing Fast Program**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**The Last Chance Diet When Everything Else Has Failed Dr Linns Protein Sparing Fast Program**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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