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for

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MEAL REPLACEMENT EDITION

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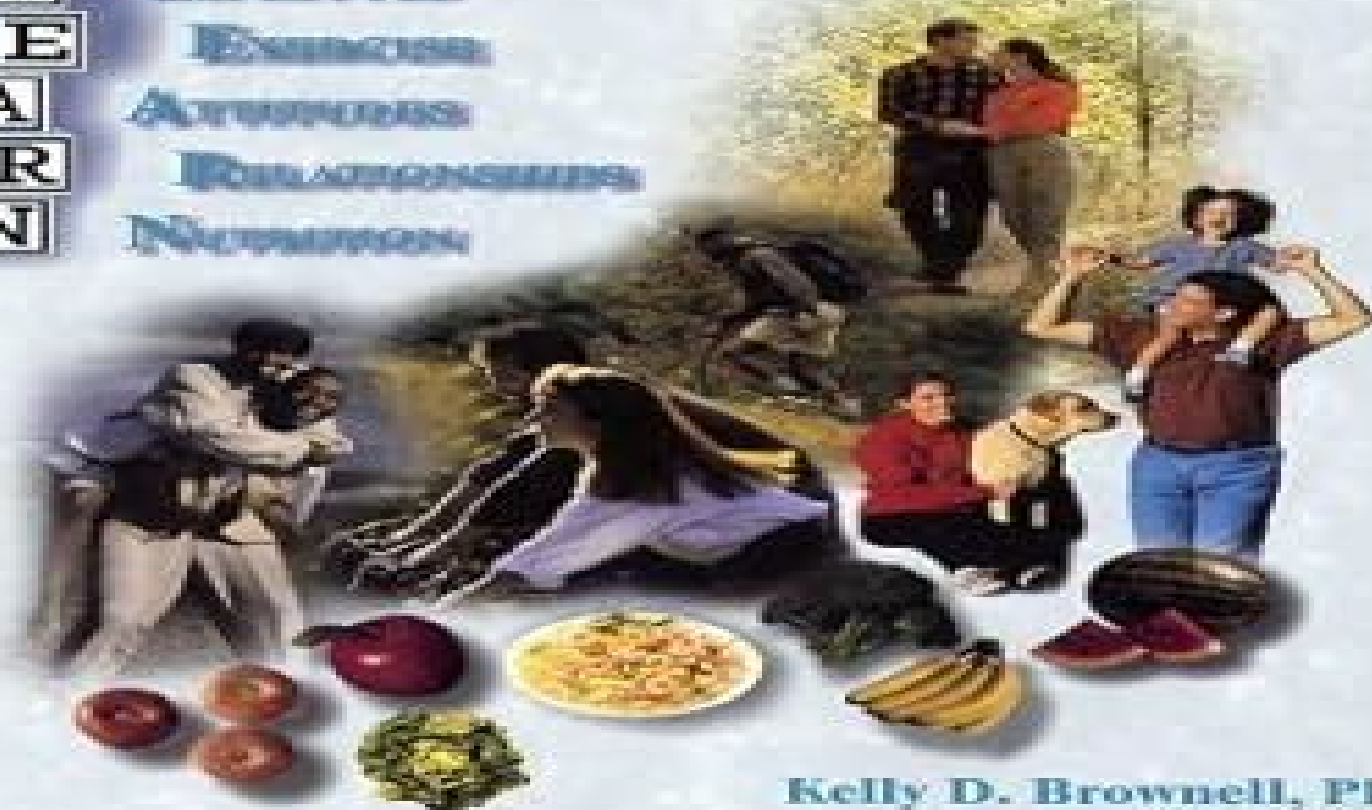
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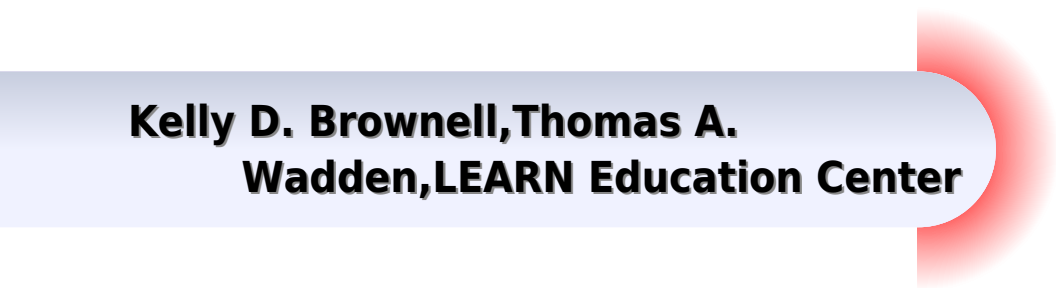
NEUTRITION



Kelly D. Brownell, Ph.D.
Yale University

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The LEARN Program for Weight Management Kelly D. Brownell,2000-01-01 **The LEARN Program for Weight Control** Kelly D. Brownell,1998-10-01 The Learn Program for Weight Management Kelly D. Brownell,2003-10-01 The LEARN Program for Weight Management now in its 10th edition represents more than 25 years of research and clinical experience by one of the world s leading experts in the field The LEARN Program is a step by step approach to weight loss and weight management that teaches program participants key weight management principles Students of LEARN gain empowerment to make lifestyle changes by learning to set realistic achievable goals making informed choices and developing new skills to counter today s environmental pressures to overeat and be physically inactive Written with just the right amount of wit and humor the 10th edition of The LEARN Program is a collage of masterfully designed illustrations photographs cartoons worksheets monitoring forms tables and charts The manual is designed to be used as a self help program in a one on one counseling setting or in group counseling **The LEARN Program for Weight Control** Kelly D. Brownell,Thomas A. Wadden,LEARN Education Center,1998 **Jenny Craig's what Have You Got to Lose?** Jenny Craig,1992 **The LEARN Program for Weight Management** American Health Publishing Company,2000-01-01

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