

THE AFRICAN-AMERICAN WOMAN'S GUIDE
TO HEALTHY, PERMANENT WEIGHT LOSS

SLIM DOWN SISTER

LOW-FAT VERSIONS OF
YOUR FAVORITE SOUL FOOD
RECIPES

MOTIVATIONAL STORIES
FROM SISTERS WHO HAVE
LOST WEIGHT

HOW TO REDUCE YOUR RISK
FOR DIABETES, HYPERTENSION,
AND HEART DISEASE

A GET-FIT PROGRAM
TAILORED TO YOUR NEEDS



Roniece Weaver, M.S., R.D., L.D., Fabiola Gaines, R.D., L.D., and Angela Ebron

Slim Down Sister The African American Womans Guide To Healthy Permanent Weight Loss

Peipei Pang



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