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- Daily Planner
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- Tips on Entertaining
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- Before & After Success Stories

LAUREN HUTTON

with Deborah Kotz

Slim Fast Body Mind Life Makeover

Mike Jess



Slim Fast Body Mind Life Makeover:

The Slim-Fast Body-mind-life Makeover Lauren Hutton, Deborah Kotz, 2000 A fourteen day weight loss and fitness program combines the use of the Slim Fast diet plan with more than seventy five quickly prepared recipes The Publishers Weekly, 2000 American Book Publishing Record, 2000-07 **Writer's Guide to Book Editors, Publishers and**

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 achieve the dream of a thinner firmer and more youthful body Daily Mail **Black Hunger** Doris Witt,1999-03-04 The
 creation of the Aunt Jemima trademark from an 1889 vaudeville performance of a play called The Emigrant helped codify a
 pervasive connection between African American women and food In Black Hunger Doris Witt demonstrates how this
 connection has operated as a central structuring dynamic of twentieth century U S psychic cultural sociopolitical and
 economic life Taking as her focus the tumultuous era of the late 1960s and early 1970s when soul food emerged as a pivotal
 emblem of white radical chic and black bourgeois authenticity Witt explores how this interracial celebration of previously
 stigmatized foods such as chitterlings and watermelon was linked to the contemporaneous vilification of black women as
 slave mothers By positioning African American women at the nexus of debates over domestic servants black culinary history
 and white female body politics Black Hunger demonstrates why the ongoing narrative of white fascination with blackness
 demands increased attention to the internal dynamics of sexuality gender class and religion in African American culture Witt
 draws on recent work in social history and cultural studies to argue for food as an interpretive paradigm which can challenge
 the privileging of music in scholarship on African American culture destabilize constrictive disciplinary boundaries in the
 academy and enhance our understanding of how individual and collective identities are established Best Life ,2006-04
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Slim Fast Body Mind Life Makeover Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Slim Fast Body Mind Life Makeover**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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