



Getting There Staying There: How Looking at Weight Loss Differently Changed My Life, Jennifer Klein, Thomson Publications, 2001, 0970943903, 9780970943903, 147 pages. Formerly obese, Jennifer Klein found genuine long-term weight loss success only after abandoning diets forever! This health focused, first person narrative provides refreshing new weight loss insights and lots of guidance. People who struggle with their weight are different. Klein explains why. The book's many before and after photos testify to Klein's years of struggle and her personal, triumphant, 70 pound weight loss. Often humorous and always real, Getting There Staying There will relieve and inspire every frustrated, chronic dieter..

The Eating Disorders Sourcebook A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders, Carolyn Costin, 2007, Psychology, 334 pages. Sound, sensitive advice for overcoming an eating disorder Anorexia, bulimia, binge eating, exercise addictions . . . these disorders can be devastating, but they are in no way

How to Forgive When You Can't Forget Healing Our Personal Relationships, Charles Klein, Oct 1, 1997, , 128 pages. Discusses how to bring forgiveness into your life and repair relationships with friends and relatives despite anger and disappointment.

Glossary of pesticide toxicology and related terms , Naeem Eesa, Laurence K. Cutkomp, Nov 1, 1984, Medical, 84 pages. Over 600 related terms from fields of pesticide toxicology, insect physiology, and pharmacology. Entries give term or phrases and short definitions. Includes list of

BodyFueling Stop Watching Your Weight, Start Fueling Your Life, Robyn Landis, Kaaren Nichols, M.D. (FRW), Apr 1, 2000, , 320 pages. .

Healing Images for Children Teaching Relaxation and Guided Imagery to Children Facing Cancer and Other Serious Illnesses, Nancy C. Klein, Matthew Holden, Jun 1, 2001, , 276 pages. Muscle relaxation, calm breathing, visual imagery, stories, music, humor, and positive affirmations are techniques that enhance a child's healing process. This book helps

You Can Live at Any Weight You Choose , John Thomas, GUI, Oct 1, 2001, , 200 pages. .

Diseases transmitted by rats and mice a companion book to Health hazards from pigeons, starlings and English sparrows, Walter John Weber, Jan 1, 1982, , 182 pages. .

Fit or fat? , Covert Bailey, 1978, Health & Fitness, 107 pages. Author Covert Bailey has shown more than a million people how to attain physical fitness and permanent control of excess fat in as little as 12 minutes of exercise a day. The

My Daily Food and Activity Diary A Powerful Tool to Help You Lose Weight, Seth Schiller, 2008, , 234 pages. This 232-page diary is filled with all types of helpful information, including formulas for calculating calories and a large food content information guide, not to mention a

Modeling and Control of Dynamic Systems , Narciso F. Macia, George Julius Thaler, 2005, Mathematics, 543 pages. Modeling and Control of Dynamic Systems teaches the basic concepts of control systems analysis and design. The book first focuses on understanding the basic building blocks of

