

10 Keys To Success

Great leaders and achievers—the masters and great ones do not owe their success to luck, birth, or mindless risk taking. Rather, insight, achievement, and leadership are not the result of happenstance - but of self-knowledge, training, and hard work. According to the authors great achievers throughout history—from Michelangelo to Einstein, Madame Curie to Bill Gates, Colonel Sanders to General Eisenhower—all have leadership characteristics that can be distilled into 10 key actions for extraordinary success.

Furnishes ten keys to success from people who have successfully kept their weight off, sharing psychological strategies for weight maintenance, a diet and sample meal plans, and favorite recipes.

The 10 Keys to Success Random House

Explores the importance of the global economy, and provides insights for getting the most out of investments to achieve financial success.

As founder of Fitness Quest 10 in San Diego, California, Todd Durkin is used to pushing high-profile, high-performance athletes to their physical limit. But that's only half the battle. A crucial aspect of creating any kind of success—whether in business, sports, health, or relationships—is having the right mind-set. In *Get Your Mind Right*, this world-class performance coach shares his top 10 principles to inspire you to find motivation, work hard, grow in your faith, think like a champion, and be the very best version of yourself, including - your thoughts ultimately determine your life and legacy - attack your fears instead of running away from them - habits will make or break you - master your time, energy, and focus - eat to get your mind right - recover like a champion - live a life worth telling a story about - and more If you're ready to start taking on your challenges with confidence, it's time to get your mind right!

In this highly-accessible self-help book *Big Issue* founder John Bird explains his seven simple rules that could help you change your life. Whether you want to get a new job, quit smoking, stop drinking or go back to college, *How to Change Your Life in 7 Steps* explains how you can take what you've been given and turn it into something you'll be proud of, rather than spend your life wishing for everything you haven't got. For 99% of us life doesn't come knocking on the door; you have to go out and get it. But the trouble with aiming for the stars is that you're likely to end up in the gutter. John Bird has learnt through his work with the homeless that if you start by putting just 3% of your energy towards your final goal rather than a gutter-hitting 99% you will eventually make the changes you are looking for. John's six other rules are as straightforward as this first one, 'Start With 3%'. He writes with passion about the dangers of thinking like a victim and of not telling the truth; he shares with us the importance of thinking for yourself and never putting others down, and he encourages us not to define our successes by the failures of others and to recognise our own achievements. Written in his unique no-nonsense style this is a book about 'cutting through the bullshit and making the most of what you have.'

Where does that “winning edge” you’ve heard so much about come from? How do some people seem to find success simply from waking up and getting out of bed? World-renowned performance expert Brian Tracy has spent decades studying uncommonly high achievers. Instead of finding commonalities such as Ivy League educations, gold-star connections, and a dash of blind luck, Tracy discovered that the keys to their success were more often small adjustments in outlook and behavior—simple things that anyone can do! In *Personal Success*, Tracy lays out a simple, clear plan for anyone to be able to unlock their potential and find the success they previously thought was unattainable for them. Readers will learn to:

- Change your mindset to attract opportunity
- Banish self-limited beliefs
- Build your self-confidence
- Practice courage—because all successful people are risk takers
- Sharpen your natural intuition
- Continually upgrade your skills
- And more

Packed with simple but game-changing techniques, *Personal Success* is the answer you’ve been searching for to gain that winning edge and turn your dreams into realities.

ALERT: Before you purchase, check with your instructor or review your course syllabus to ensure that you select the correct ISBN. Several versions of Pearson's MyLab & Mastering products exist for each title, including customized versions for individual schools, and registrations are not transferable. In addition, you may need a CourseID, provided by your instructor, to register for and use Pearson's MyLab & Mastering products. Packages Access codes for Pearson's MyLab & Mastering products may not be included when purchasing or renting from companies other than Pearson; check with the seller before completing your purchase. Used or rental books If you rent or purchase a used book with an access code, the access code may have been redeemed previously and you may have to purchase a new access code. Access codes Access codes that are purchased from sellers other than Pearson carry a higher risk of being either the wrong ISBN or a previously redeemed code. Check with the seller prior to purchase. -- For 'essentials or 1 credit hour courses' in Study Skills, Student Success, Freshman Seminar or “University 101”. This text unlocks every student's potential to succeed in college, career, and life by challenging them to realize, "It's not just what you know...it's what you know how to do." Keys to Success Quick offers the hallmark of the Keys to Success series — success in College, Career, and Life through building analytical, creative, and practical thinking skills. This “thinking skills” framework challenges students - but with a 'less is more' approach. Keys Quick will help students develop and personalize “best practice” tools, build skills in context of each topic, and gain self-knowledge via "Quick Check" self-assessments. 0321944100 / 9780321944108 Keys to Success Quick Plus NEW MyStudentSuccessLab 2013 Update -- Access Card Package consists of:

0321943252 / 9780321943255 NEW MyStudentSuccessLab 2013 Update -- Value Pack Access Card 0132541718 / 9780132541718 Keys to Success Quick

Developed for the newer bowler, this book covers important bowling principles of benefit to all bowlers, regardless of experience. Veterans & inexperienced bowlers alike will

learn from Coach Borden's latest techniques & teaching principles, including "Making Spares: Easy as 1-2-3," "Mastering the Mental Game," "Conditioning Exercises for Bowlers" & more. Coach Borden shares much of the same information gained from the United States Olympic Training Center where TEAM USA practices. A new generation of over 110 illustrations makes the material come alive. Two appendices teach new bowlers how to keep score & the basics of league competition.

Professor Sathe is a great gift, a passionate teacher who cares deeply about the life arc of each individual student. In his vibrant classroom, he translates strategic management into a personal discipline—and here in these pages, he brings to you and me the benefits of his wise mentorship. —Jim Collins, author of Good to Great This book gives the reader the keys to survival and success as his or her career progresses from one job to the next in the same, or a different, organization—be it for-profit, non-profit, government, or volunteer. It is designed to help the reader avoid the many traps and pitfalls encountered along his or her career path and to help facilitate increased personal effectiveness during all three stages of the job cycle—interviewing, new hire, and long-term employment. Whether preparing to enter the workforce for the first time or in early, middle, or later career stages, this book will show the reader how to avoid jobs and organizations that are not a good fit. It will also go beyond survival and show how to achieve success by doing the job well and making other contributions to the organization in ways that improve job performance, satisfaction, happiness, and personal and professional growth. The keys this book provides will work whether the reader is an independent contributor, a manager responsible for the work of others, or an executive responsible for the enterprise. Organizational leaders, human resource professionals, career coaches, and mentors can also utilize this book to educate and train employees to be more productive at work and happy in their worklife.

The #1 New York Times bestseller. Over 3 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

The World's Best 10 Keys to Success is a new approach to the self-help genre. The goal is to guide people towards a happier and more fulfilled life. Success is not just about making money. It is about finding true value within oneself and one's life. Based on research from a wide range of sources this book serves up new insights on old topics. Ultimately showcasing the real importance in life. The 10 keys are set up to function as a framework for 10 steps towards a better life. The book delivers different perspectives on subjects that we all deal with everyday of our lives. Unravel new ideas on family, friends, income, travel, relationships, self, happiness, giving, nourishment, and exercise. The book's goal is to emphasize what is most important in life. It is an effort to get people to recognize the parts of their lives that often get overlooked. A person will often forget that by focusing on what one already has they can attain so much more. Appreciation and respect for each of the 10 Keys to Success is what brings forth the true achievements in a person's life. This is the key to unlocking a better life, and it starts on page one. Also included a Free Workbook!

God's plan is for you to -prosper and be in health, even as your soul prospers- (3 John 2). He wants you to succeed in every aspect of your life - every project, every endeavor! He wants you to be fruitful and to increase and multiply in every good thing. This brings glory to Him. 10 Keys to Success offers you valuable insights taken from the lives of two of the most successful persons in the Bible, Abraham and David. You will then discover 10 effective and proven principles found in Scripture - keys that open doors to the success God wants you to have. -Patricia King has skillfully presented her readers with clear, concise, and convincing information that coaches, equips, trains, and propels hungry hearts toward their innate and inherent desires, dreams, and personal passions. They are keys to doors that can lead to the fulfillment of those God-inspired dreams, visions, prosperity, and legacy.- Dr. Clarice Fluitt Certified Transformational Personal and Executive Coach

A SIMPLE GUIDE TO A BETTER YOU! Prepping for success is a guided journey that equips you with the principles you need in order to take advantage of your innate inner talents to achieve true success. The 10 keys allow you to not just understand yourself, but they also teach you how to express your best self to others. This enables you to be the best version of yourself. This book is an inspirational, light-hearted guide to help you put your plans into action. It offers an understandable and relatable step by step approach to discovering yourself and achieving your own personal true success. In a world where there are so many choices and distractions, this book is dedicated to helping you find a balance through it all. Are you ready to begin your Journey towards true success? "With this book, I hope to bring to the readers the main key concept that's have helped me in

my life and have made me a better and a more productive person; as I too Prep for Success. I am writing a book that I wish someone gave me 10 years ago, Would have made life so much easier" - Anmol Singh This is not a business book and this sure isn't a trading book. This book is about achieving Success in Each and EVERY area of your Life.

Project managers are keen to learn from the best. So we asked the top experts in the field a straightforward question: What is your best piece of advice for success in project management? The result is this book a collection of their best stories, lessons, and takeaways. 25 different industry leaders make compelling cases for why their key will help influence your project success: The seven bullets of highly effective project managers Why leadership must be taken, not given The importance of becoming project business-savvy Ways to generate meaningful client ownership How great project managers make it fun And 20 other differentiators that have helped these industry leaders stand out If you are interested in differentiating yourself and boosting your career, then this book is a fantastic opportunity to connect with trusted mentors, read their honest advice, and leverage these keys to success in your own practice.

Best Seller: Over 2 Million People Have Now Enjoyed This Life-Changing, Inspirational Book An inspirational book that will change your life, The 7 Keys to Success contains an important message - it is time for you to wake-up and start living the life you were born to live. Once you acquire these seven important keys, you will not only go on to be astonishingly successful in life, you will also know that inner peace that comes from living a life that truly matters; one that actually makes a difference. A truly motivational, self help book that will challenge you to rethink your life and what is really important to you. Start believing in yourself, develop your confidence and go on to achieve your dreams. About White Dove Books Founded in the year 2000, White Dove Books has become synonymous with inspirational books, both fiction and non-fiction. We are passionate about personal development and we believe that life holds a specific purpose for you. Our mission is to help people to develop their own unique talents, abilities and passion in order that they may lead more meaningful, joyful and fulfilled lives.

In his inimitable no-nonsense style, John Bird - founder of the Big Issue - shows us how to be successful in whatever we choose in just ten easy steps. No one is born deserving anything - you only deserve what you achieve by yourself. Drawing from this, John's philosophy is based on the idea that success is about deciding what you want, working out what is important to you and then going out to grab it. The beauty of this approach is that we can all achieve whatever we want; we just need to go after it. With unique lessons such as 'Don't be afraid to make mistakes along the way. Instead, make mistakes and learn from them' and 'Take responsibility for yourself as you are no one else's problem', The 10 Keys to Success shows us how uncomplicated success can be.

The completely revised and updated national bestseller. "You can lose weight on any diet, but if you want to keep it off, read Thin for Life, 2nd Edition."—Shape In this new edition of the acclaimed bestseller, award-winning nutritionist Anne M. Fletcher incorporates exciting recent scientific research to show that permanent weight loss is far easier than is commonly believed. Whether you want to lose 10 pounds or 100, Thin for Life will help you master your weight problem by sharing the techniques of the real experts—hundreds of women and men who have lost weight for good. Their hard-won wisdom has been distilled down into ten Keys to Success that will change your body—and your mind . . . Believe that you can become thin for life Take the reins Do it your way Accept the food facts Nip it in the bud Learn the art of positive self-talk Move it to lose it Face life head-on Get more out of life Don't go it alone "Anyone who has tried and failed to lose unwanted pounds and keep them off should read this book."—Jane Brody, New York Times personal health columnist, from the foreword

This book explodes the myth that simply coping with unexpected change is effective for the long-term health of an organization. Through a series of parables that illustrate how things are not always as they appear, Plan or Die! clearly shows you why today's most successful organizations are those that are actively involved in creating their own future."[Plan or Die!] provides a highly flexible but very functional road map for firms which need to develop their own planning process." --Thomas W. Morgan, president, Hartson Medical Services Examine the keys critical to shaping your organization's future: * Basing decisions on values * Having a shared vision * Promoting risk taking * Encouraging innovation and flexibility * Maintaining a market focus Learn how the proven Applied Strategic Planning model can work for you. Take part in your organization's future success right now!

Tired of Struggling Financially? Is Your Dream of Owning a Business Turning Into a Nightmare? Are You Lost on the Road to Financial Freedom? Ready to Make a Change? Here's the Book That Can Kick-Start Your Business Into High Gear. Drew Miles is known to thousands of success-driven people as the wealth-building attorney. Now he brings his personal odyssey of business building to you, so that you can turbocharge your business and your life! "POWERFUL AND INSIGHTFUL. every chapter is bursting with little known yet powerful strategies you can use to take your wealth building to the next level."

-John Dilemme, Author, Speaker and Success Coach "With Zero 2 Success Drew takes you through his practical, step by step approach to identifying and building a strong and successful business - a major key to developing financial freedom and lasting wealth." -C.W. Allen, Founder, Sage Marketing and Author of "Inc and Grow Rich" Zero 2 Success will. Give you the 10 keys to creating a lean, mean machi John Timpson, Chairman of the eponymous British high street chain, knows a thing or two about running a successful business. Over many years he revolutionised how his firm worked, developing his philosophy of upside-down management, and has reaped the rewards – the Timpson group (which includes the Snappy Snaps and Max Spielmann chains). Timpson, whose weekly Daily Telegraph column and regular media appearances have made him a well-known business commentator, here shares his secrets. Full of actionable advice, Timpson's Top Business Tips is a step-by- step MBA for business women and men who need results now. From encouraging flexible working, having a happy index and a great bonus scheme to the importance of checking the cash on hand every day and planning for disaster scenarios; from why you should never make decisions at meetings to the value of a mentor – even when you're at the top – these are essential markers on your roadmap to business success, whatever business you're in.

Without effective marketing, your business misses one core success ingredient - These strategies are the core mind sets you need to manifest when planning a marketing strategy - Many entrepreneurs will engage into marketing without taking a step back and analyzing what they need exactly to succeed - Passion and drive are good but not enough - Your marketing needs to be well planned system - In this short power kick book, I give you the core ideas to succeed.

Discover how to work alongside your students to unlock their potential. This powerful book reveals 10 keys to creating a classroom where your students can take ownership of their learning and become heroes in their own lives. You'll learn how to build relationships, support, strength, willpower, soft skills, service, agency, curiosity, innovation, and productive failure. Each key is illustrated in a narrative format, designed with tips and notes to help you make practical changes immediately. By the end of the book, you'll have the foundational pieces you need to create a student-powered classroom where students can learn about themselves, fail forward, and gain courage to face challenges head on. If you're currently a college student, or plan on being one, you need to check out this book. Written by award-winning professors Lynn Jacobs and Jeremy Hyman, it's loaded with insider information that only professors know--but few are willing to reveal. The over 600 tips in this book will show you: How to pick good courses and avoid bad professors

How to develop “college-level” skills and habits that’ll put you ahead of the pack How to get through the freshman comp, math, language, and lab science requirements--in one try How to figure out what’s going to be on the tests, and what professors are looking for in papers and presentations How to pick a major you’ll really like--and be good at How to get the edge for graduate school--or the inside track to a really good job And much more. The tips are quick and easy-to-use, and the advice is friendly and supportive. It’s as if you had your own personal professor guiding you on the path to college success.

This book gives information and techniques that show you that you don't need to be defeated by anything, that your life can have more love, joy, peace and energy than you ever had before. These ideas are not new. They have been around for thousands of years. They have been tested and proved many, many times all over the world. Read sample pages of this book on Amazon.com by searching for Ten Keys to Success by Brad Stanton. Key #1 Decide what u want in life Key #2 Think about what you do well Key #3 Clarify your values Key #4 Set goals Key #5 Believe you can reach your goals Key #6 Find other people to work with Key #7 Be disciplined and persistent Key #8 Enjoy your work and work hard Key #9 Never, never, never give up Key #10 Pray Some things this book will help you do: Do 3 times as much work in the same amount of time. Learn to enjoy your work. Learn to work smarter, not harder. What are your goals and dreams in life? Do you believe that your life can get better and that your relationships can improve? Do you believe you can get out of debt, have better health and more financial security? You really can have these things and this book tells you how. Does that seem difficult to believe? 100% money back guarantee for one year Keep this book for one year and if it doesn't help you as much as I claim it does, return it to me for a full refund. Too many people feel they are stuck in life, not getting the things they really want. Many believe that their life will never change. But it can change for the better, and it can change quickly! This book has inspiring examples of people that changed their lives. The material in this book will motivate you to achieve your best. If you read this book carefully and put into practice the ideas in it, your life will change for the better. I guarantee it!

Napoleon Hill summed up his philosophy of success in Think and Grow Rich!, one of the bestselling inspirational business books ever. A recent USA Today survey of business leaders named it one of the five most influential books in its field, more than 40 years after it was first published. Now, in Napoleon Hill's Keys to Success, his broadly outlined principles are expanded in detail for the first time, with concrete advice on their use and implementation. Compiled from Hill's teaching materials, lectures, and articles, Napoleon Hill's Keys to Success provides mental exercises, self-analysis techniques, powerful encouragement, and straightforward advice to anyone seeking personal and financial improvement. In addition to Hill's many personal true-life examples of the principles in action, there are also contemporary illustrations featuring dynamos like Bill Gates, Peter Lynch, and Donna Karan. No other Napoleon Hill book has addressed these 17 principles so completely and in such precise detail. For the millions of loyal Napoleon Hill fans and for those who discover him each year, Napoleon Hill's Keys to Success promises to be a valuable and important guide on the road to riches.

Welcome, O wise readers! When you feel that your life is going to your unwanted direction .. you look at your passing ages and you did not feel that you have done everything becomes your ambition .. you look at the future and you pray may Allah will give you an ability, energy, and power for performing everything you are still not able to do and reaching more and more. So: This book is written agree with your condition where you are, directing to your heart and feeling and making love with your feeling and expectation. This book is not written as scientific program – like my old books –, but it is closer to meditation books, or quotations become a supporting book. It discuss a variety of your life goals, your interaction with time, way to be confidence and taking decision. It is written on quiet times where you need someone who gives you affection, easiness, light in empty space for contemplating, cogitating, and determining your return place.

Search engines and social media have certainly changed how prospecting pipelines for salespeople are built today, but the vitality of the pipeline itself has not. Even today, the key to success for every salesperson is his pipeline of prospects. Top producers are still prospecting. All. The. Time. However, buyers have evolved, therefore your prospecting needs to as well. In High-Profit Prospecting, sales expert Mark Hunter shatters costly prospecting myths and eliminates confusion about what works today. Merging new strategies with proven practices that unfortunately many have given up (much to their demise), this must-have resource for salespeople in every industry will help you:• Find better leads and qualify them quickly• Trade cold calling for informed calling• Tailor your timing and message• Leave a great voicemail and craft a compelling email• Use social media effectively• Leverage referrals• Get past gatekeepers and open new doors• And moreFor the salesperson, prospecting is still king. Take back control of your pipeline for success!

Life today is plagued by failed relationships, financial pressure, frustrated goals, and dashed dreams. Everybody wants “the good life,” but we’re constantly frustrated by our inability to experience it—even when we energetically pursue all the best-selling methods for achieving success. There must be a better way to live. Yet it seems even those who appear “successful” aren’t truly satisfied. What’s the true secret to genuine success? Once again, God has the answers. And you’ll find them in The Solomon Secrets. Thousands of years ago the wisest, wealthiest, and most powerful man of his day compiled a book filled with practical insights for success in every area of life: parenting, marriage, vocation, relationships, self-control, and money management, just to mention a few. Yet Solomon’s collection of Proverbs remains one of the most neglected books in the Bible. To a modern reader, these simple directions might seem illogical. But God’s wisdom as articulated by Solomon is “uncommon sense for extraordinary success.” This ancient wisdom holds the key to achieving and enjoying the things we want most in life.

Do you find yourself searching for success but not knowing where to start? If you want to be a successful person, this book is for you. Success is not an easy task; it involves arduous work.

This book describes key principles to facilitate your journey and unveil your true potential towards success. It will guide you step by step, with clear explanations, on how to achieve your objectives. Within each chapter you will take a journey through a "room" that will provide you with the necessary elements and examples to fulfill your goals. Explore each room to understand these principles. You will work through the choice of what you want to achieve, the preparation, the execution all the way up to the final phases of your goals fulfillment. The book will provide you with a structured approach that will accompany you in your journey and will help you to become the successful person you dream of.

Presents advice on ways to inspire confidence in management and achieve lasting success in an organization.

Key to Success: How to Be Successful and the Habits of Successful People What is success? How do we define success? The real definition of success is an accomplishment of a desired goal. Life works with keys or principles. For you in order to gain access into your house you have to use keys and there is a specific key. Not all the keys can grant you access. So is success, it has keys. Successful people have discovered the keys to success. They understand the road to success and achievement. Great achievement can only come by applying the success principles. In this book, the author shares the words of wisdom on how to be successful and make life easier. Grab Key to Success: How to Be Successful and the Habits of Successful People now, and start achieving the great success and achievement you truly deserve! Take action Today! Scroll to the top and select the "BUY" button for instant download. Tags: key to success, words of wisdom, how to be successful, make life easier, success, inspirational words, words of encouragement, achievement, smart goals, smart objectives, life goals, goal setting, stay focused, how to stay focused, inspirational sayings, success maker, succeeding, how to succeed, fear of success, self discipline, visualization, daily inspiration, definition of success, what is success, goal setting, successful people, motivational words, inspirational messages, success magazine, key to succes, succes, person success, quotes about success, keys to success, steps to success, road to success, success criteria, recipe for success, success principles, path to success, achieving goals, how to succeed in business, how to succeed in life, millionaire secrets, achievment, secret to success, how to succeed, business success, define success, great success, of success, the secret rhonda byrne, rhonda byrne, for successful living, law of attraction, what leads to success, determination, commitment, how to get ahead, accomplish goals, success tips, how to be successful in life, how to become successful in life, how to achieve, achiever, follow your dreams, passion to win, rags to riches

If building a successful business has been a struggle for you then this book is the key to unlocking success mysteries. Sandra Baptist covers the key tenets of Marketing, Business, Sales, Numbers and Mindset and offers her FABULOUS3 Plan for achieving results. This book is exactly what you need to start taking your business to the next level with specific steps and strategies you can implement right away for generating more revenue, creating more profits and growing your business faster.

A positive attitude has the power to change your life. By ending negative thinking habits, you can embark on a new beginning and achieve your loftiest goals. Napoleon Hill's Positive Thinking provides a proven ten-step plan to help you achieve health, wealth, and success. In this straightforward, illuminating guide, you'll discover the secrets of: Staying focused on your goals and objectives Turning problems into opportunities Overcoming the fear of failure Channeling creative energy Maximizing your unique talents...and much more. Filled with Hill's trademark inspirational advice and timeless wisdom, this powerful book will help you implement and maintain a positive can-do attitude. You can change your life by reading a book. This book contains the truth about the key to your success: PMA, positive mental attitude. Achieve your PMA and realize your dreams when you follow the proven principles outlined simply and clearly in this step-by-step guide!

A companion book to the author's "Thin for Life" offers tips for losing and maintaining weight along with a weight-loss plan and low-fat recipes

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