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Additional Physical Format: Print version: Ferguson, James Mecham, 1941-Habits, not diets. Palo Alto, Calif. : Bull Pub. Co., ©1988 (DLC) 88007378

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Habits not diets : the secret to lifetime weight control. by. Ferguson, James Mecham, 1941-; Ferguson, Cassandra. Publication date. 1997. Topics. Weight loss, Behavior therapy, Food habits. Publisher.

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Continued. According to Campbell's research, the traditional Chinese diet is comprised of only 20% animal foods -- far less than the amount in the typical American diet.

The Chinese Secret - WebMD

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are set too high, you are not made to feel successful. We delve into why it doesn't take a certain amount of hours or days to establish a new habit. In fact, repetition has nothing to do with it.

BJ Fogg: The Secret to Making New Habits Stick - Dr Rangan ...

Fried and processed foods are alongside temptations when it comes to bad eating habits. Try to limit the fried food and choose as many unprocessed foods as possible. The former is a source of serious and unnecessary fats and calories for our body.

5 Bad Eating Habits to Forget - Nature-Tricks.com

The Secret To Breaking Bad Habits In The New Year. Jenna Goudreau Forbes Staff. ... The Lean Diet: Baby Steps To Healthy Weight Loss. How To Live To Be 102. The 10 Best Foods You Can Eat.

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