

Walk Away From Diabetes And Obesity

Thomas D. Cherubini MD



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This book presumes to help you change not just your weight and conditioning, but your mind. To help you adopt and make part of yourself the mindset that is the real secret to getting thin and staying that way. Its goal is to open up a better world for you, to offer you a chance to reach for the active life of good health that is our birthright. In the pages of this book is a reasoned appeal to the love of life and good health that abides in all of us. The book explains how putting that love to work for us will help to illuminate the understanding we need to re-prioritize our lives.

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