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The #1 bestseller that gives YOU complete control over your body and your health. In this updated and expanded edition, America's favorite doctors, Michael Roizen and Mehmet Oz, discuss how YOU actually have control over your genes. Discover how diseases start and how they affect your body—as well as advice on how to prevent and beat conditions that threaten your quality of life. YOU: The Owner's Manual challenges preconceived notions about how the human body works and ages, and takes you on a fascinating grand tour of all your blood-pumping, food-digesting, and numbers-remembering systems and organs—including the heart, brain, lungs, immune system, bones, and sensory organs. There are also 100 questions asked by you, and answered by the experts. For instance, do you know which of the following statements are true? As you increase the amount you exercise, the rewards you gain from it increase as well. If you're not a smoker, you have nothing to worry about when it comes to your lungs. Your immune system always knows the difference between your own cells and enemy invaders. The biggest threat to your arteries is cholesterol. Memory loss is a natural, inevitable part of aging. Stress is the greatest ager, and controlling it changes which of your genes is on. Did you answer "true" for any of the above? Then take a look inside. Complete with exercise tips, nutritional guidelines, simple lifestyle changes, and alternative approaches, YOU: The Owner's Manual debunks myths and gives you an easy, comprehensive, and life-changing How-To plan—as well as great-tasting and calorie-saving

recipes—that can help you live a healthier, younger, and better life. Be the best expert on your body! "The Autoharp Owner's Manual" covers autoharp maintenance, conversions, tuning and string schedules (both diatonic and chromatic), building your own instrument, playing techniques, evaluating instruments, chord bar setups, amplification, history, and much more. Each subject is addressed by a current premier musician/builder. The articles in this book have been taken from past issues of Autoharp Quarterly and have been updated to address current innovations, problems, and instruments. It is a "must have" for every autoharp player. New pet owners need lots of advice on how to care for their animals. In the Happy Healthy Pet series, experts write about not just the history and temperament of the pet, but about illnesses, feeding and grooming, and specific care requirements. The books are full of info-packed tips and sidebars as well as nearly 100 professional-quality color photographs per title. A guide to septic system maintenance that provides an overview of the system's components, explains how to care for it, and offers guidance on dealing with common problems. Provides basic techniques of first aid for wounded birds. A tribute to the favorite "Star Wars" ship provides layer-by-layer analyses of the Millennium Falcon's features, from laser cannons and cockpit controls to smuggling bays and Han Solo's speed modifications. On board pages. The experts at Kennel Club Books present the world's largest series of breed-specific canine care books. Each critically acclaimed Comprehensive Owner's Guide covers everything from breed standards to behavior, from training to health and nutrition. With nearly 200 titles in print, this series is sure to please the fancier of even the rarest breed! At Last! A Comprehensive Guide to Understanding Teens Hormones. Rebellion. Moodiness. Peer pressure. No parent can be fully prepared for all the challenges associated with adolescence. Fortunately, The Teen Owner's Manual is here to answer your most pressing questions: How can I teach my teenager to make smart decisions? How do I keep her safe on the Web? How do I get him to communicate? How and when should I talk to her about sex? Whatever your concerns, you'll find the answers right here—courtesy of parenting author Sarah Jordan and adolescent medicine specialist Dr. Janice Hillman. There are many books that have been written about how to manipulate, amend, and control the soil to enable high-yield crop production. This is not one of those books. This book will empower you to restore the capacity of your soil to function to produce crops while reducing your dependency on expensive inputs. Soil health is about restoring the capacity of the soil to function. Currently, most agricultural and garden soils are essentially dysfunctional. This book will open your eyes to the truth about how soil is supposed to function and help you restore it to full health. More than 100,000 entrepreneurs rely on this book for detailed, step-by-step instructions on building successful, scalable, profitable

startups. The National Science Foundation pays hundreds of startup teams each year to follow the process outlined in the book, and it's taught at Stanford, Berkeley, Columbia and more than 100 other leading universities worldwide. Why? The Startup Owner's Manual guides you, step-by-step, as you put the Customer Development process to work. This method was created by renowned Silicon Valley startup expert Steve Blank, co-creator with Eric Ries of the "Lean Startup" movement and tested and refined by him for more than a decade. This 608-page how-to guide includes over 100 charts, graphs, and diagrams, plus 77 valuable checklists that guide you as you drive your company toward profitability. It will help you:

- Avoid the 9 deadly sins that destroy startups' chances for success
- Use the Customer Development method to bring your business idea to life
- Incorporate the Business Model Canvas as the organizing principle for startup hypotheses
- Identify your customers and determine how to "get, keep and grow" customers profitably
- Compute how you'll drive your startup to repeatable, scalable profits.

The Startup Owner's Manual was originally published by K&S Ranch Publishing Inc. and is now available from Wiley. The cover, design, and content are the same as the prior release and should not be considered a new or updated product.

Last! A Beginner's Guide to Newborn Baby Technology You've programmed your DVR, you've installed a wireless Internet connection, you can even check Facebook on your cell phone. But none of this experience will prepare you for the world's biggest technological marvel: a newborn baby. Through step-by-step instructions and helpful schematic diagrams, **The Baby Owner's Manual** explores hundreds of frequently asked questions: What's the best way to swaddle a baby? How can I make my newborn sleep through the night? When should I bring the baby to a doctor for servicing? Whatever your concerns, you'll find the answers here—courtesy of celebrated pediatrician Dr. Louis Borgenicht and his son, Joe Borgenicht. Together, they provide plenty of useful advice for anyone who wants to learn the basics of childcare.

Harpsichord Owner's Guide: A Manual for Buyers and Owners The Owner's Manual to the Voice demystifies the voice, enabling singers and all voice professionals – whether actors, broadcasters, teachers, preachers, lawyers, public speakers– to communicate intelligently with physicians and understand dangers, treatments, vocal hygiene and medical procedures. Tips on incorporating retail sales strategies into a beauty salon business.

"A Comprehensive Guide to Owning and Caring for Your Dog"—Cover. Offers information about the tank, drainfield, soil, down the drain, maintenance, red alerts, graywater systems, advanced systems, upgrades, and a brief history of waste disposal. This comprehensive guide to selecting, caring for and enjoying a trailer ready sailboat will answer all your questions about fitting out, care of your sails, launching and retrieval, and boat maintenance. Much has been published on heart health, kidney health, and gut health. But how

many of us are aware of our blood health? Is your blood as healthy as it should be? How would you even know? Blood Works is a fascinating new blood owners' guide to help you care for the health of your most precious fluid—your blood. About 2 billion people globally are anemic, and almost as many suffer from iron deficiency without anemia. Many don't even know they have it, just feeling tired, lethargic, and "foggy-headed." Sound familiar? Over 600 million more suffer from acute or sometimes unrecognized chronic blood loss from causes such as heavy menstrual bleeding, obstetric hemorrhage, gastrointestinal bleeding, surgery, and trauma. Anemia, iron deficiency, and bleeding are signs of "blood failure" and have major negative health effects. Blood Works, with contributions from 48 leading international medical experts, is a must have book for all who want to look after their blood health. Your blood is the essential fluid that keeps you alive. Yet, while many of us know our cholesterol level and blood pressure, few of us are aware of our blood count. What we don't know can affect our everyday quality of life and put us at risk if we have bleeding, an injury, or require hospitalization. Blood, and the vessels that contain it, make up the largest organ system in the body. Its balance and health must be maintained. For many decades, the treatment of first resort for anemia and blood loss has been blood transfusion, which is essentially a "liquid organ" transplant from another person. In heart failure or kidney failure, organ transplantation is not first-line treatment. In blood failure, blood "transplantation" should not be the first thing we reach for. Since the 1990s, scientific research has shown that the common use of blood transfusion is not the most effective treatment in many medical situations. It has been identified as one of the most overused treatments in modern medicine, costing billions of dollars, while causing changes in the recipient's immune system that may increase the risk of complications and death. In October 2021, the World Health Organization called for the urgent global implementation of Patient Blood Management (PBM), stating "our own blood is still the best thing to have in our veins." Blood Works is one of the most exciting books on blood health you will read. The book zooms in on why medical experts from around the world now recognize the need for fundamental change in the way a patient's blood is managed. Known as PBM, Patient Blood Management places the person receiving treatment at the center of decisions involving their lifeblood. Its aim is to improve general health and treatment outcomes by managing and preserving a patient's own blood while empowering them to share in making decisions. Meticulously researched and referenced, masterfully illustrated, and featuring personal stories from patients and their families, Blood Works is a compelling read. It will have a profound impact on your health and the health of your loved ones and is an invaluable resource for health care professionals. Dedicated to the noble and versatile Rottweiler, a breed esteemed for its strength,

agility, and friendly demeanor, this Smart Owner's Guide, created by the editors at Dog Fancy magazine, offers the most up-to-date and accurate information every dog owner needs to become a well-informed caregiver for his dog. Illustrated with color photographs of adorable puppies and handsome adults, this easy-to-read primer is designed in a modern, lively manner that readers will find user-friendly and entertaining. Each Smart Owner's Guide offers a description of the breed's character and physical conformation, historical overview, and its attributes as a companion dog. The reader will find informative chapters on everything he or she needs to know about acquiring, raising, and training this remarkable purebred dog, including: finding a breeder and selecting a healthy, sound puppy; preparing for the puppy's homecoming, shopping for supplies, and puppy-proofing the home; house-training; veterinary and home health maintenance; feeding and nutrition; and grooming. Obedience training for basic cues (sit, stay, heel, come, etc.) and solving potential problem behaviors (barking, chewing, aggression, jumping up, etc.) are addressed in separate chapters, as are activities to enjoy with the dog, including showing, agility, therapy work, and more. Entertaining tidbits and smart advice fill up colorful sidebars in every chapter, which the editors call "It's a Fact," "Smart Tip," "Notable & Quotable," and "Did You Know?" Real-life heroes and rescue stories are retold in full-page features called "Pop Pups" and "True Tails." Recipes, training, and care tips are highlighted in the "Try This" feature pages. The Smart Owner's Guide series is the only series that offers readers an online component in which dog owners can join a breed-specific online club hosted by dogchannel.com. At Club Rottie, owners of the breed can find forums, blogs, and profiles to connect with other breed owners, as well as charts and checklists that can be downloaded. More than just 20,000 pages of solid information, there's a host of fun to be had at the club in the form of downloadable breed-specific e-cards, screensavers, games, and quizzes. The Resources section of the book includes contact information for breed-related organizations and rescues, as well as practical guidance on traveling with dogs, identification, and locating qualified professionals to assist the dog owner, such as pet sitters, trainers, and boarding facilities. This information-packed Smart Owner's Guide is fully indexed. The Pocket Small Business Owner's Guide to Working with the Government is a thorough mentor that explains how to find, secure, and succeed with government contracts. Designed for any business eager to expand into the governmental arena, it also covers special small business opportunities for companies in areas with chronically high unemployment and for companies run by minorities, women, veterans, and disabled veterans. Cutting through the red tape, this careful guide also informs the reader as to the legal and financial pitfalls that must be avoided when doing business with the government. Coverage

includes: Where do you find government procurement needs? How do you register to qualify for special opportunities given to companies owned by women, minorities, veterans, and other special groups? How do you prepare bids, offers, or proposals? What are the various types of government contracts? When can you negotiate with the government, and what's the best way to do it? What types of free government grants and loans are available? What regulations govern your hiring regulations, payrolls, contracts, and other dealings with employees? What is the best way to settle disputes? This book covers all of the most up-to-date regulations that affect business owners and entrepreneurs today, and helps them to navigate such issues as foreign trade agreements and the timely submission of bids. It also discusses how owners can team together, proper and improper business practices, and how to handle controversies over who gets a contract and disputes about contracts that have already been awarded. All in all, this is a unique and definitive source for anyone seeking to sell to the government.

Allworth Press, an imprint of Skyhorse Publishing, publishes a broad range of books on the visual and performing arts, with emphasis on the business of art. Our titles cover subjects such as graphic design, theater, branding, fine art, photography, interior design, writing, acting, film, how to start careers, business and legal forms, business practices, and more. While we don't aspire to publish a New York Times bestseller or a national bestseller, we are deeply committed to quality books that help creative professionals succeed and thrive. We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers. Owing a pet could truly make your world upside down. Choosing your very first pet would greatly change your life. If you want to go outside of the ordinary, why not try a pet ferret? A ferret was first known to be hunters of rabbit. They were first utilized to clean out houses and even farms. However, due to their intelligence and big personalities, they are slowly being welcomed into the homes in the United States. Some owners say that ferrets have cat-like characteristics, however, they are wrong. This book would explore the wonderful yet unique characteristic of the ferret. You might be curious on how to take care of this little creature, but do not fret! They are very easy to take care of! Ferrets General Info, Purchasing, Care, Cost, Keeping, Health, Supplies, Food, Housing, Grooming, and More Included! More than 100,000 entrepreneurs rely on this book for detailed, step-by-step instructions on building successful, scalable, profitable startups. The National Science Foundation pays hundreds of startup teams each year to follow the process outlined in the book, and it's taught at Stanford, Berkeley, Columbia and more than 100 other leading universities worldwide. Why? The Startup Owner's Manual guides you, step-by-step, as you put the Customer Development process to work. This method was created by renowned Silicon Valley startup expert

Steve Blank, co-creator with Eric Ries of the "Lean Startup" movement and tested and refined by him for more than a decade. This 608-page how-to guide includes over 100 charts, graphs, and diagrams, plus 77 valuable checklists that guide you as you drive your company toward profitability. It will help you:

- Avoid the 9 deadly sins that destroy startups' chances for success
- Use the Customer Development method to bring your business idea to life
- Incorporate the Business Model Canvas as the organizing principle for startup hypotheses
- Identify your customers and determine how to "get, keep and grow" customers profitably
- Compute how you'll drive your startup to repeatable, scalable profits.

The Startup Owner's Manual was originally published by K&S Ranch Publishing Inc. and is now available from Wiley. The cover, design, and content are the same as the prior release and should not be considered a new or updated product.

Outlines steps to achieving overall physical health, addressing each area of the body in a series of chapters designed to challenge popular myths while informing readers on a range of dietary, exercise, and therapeutic concerns. The #1 bestseller that gives YOU complete control over your body and your health With new health studies and advice bombarding us every day, few people know much about what chugs, churns, and thumps throughout the miraculous system that is the human anatomy. YOU: The Owner's Manual challenges preconceived notions about how the human body works and ages, and takes you on a fascinating grand tour of all your blood-pumping, food-digesting, and numbers-remembering systems and organs—including the heart, brain, lungs, immune system, bones, and sensory organs. In this updated and expanded edition, America's favorite doctors, Michael Roizen and Mehmet Oz, discuss how YOU actually have control over your genes. Discover how diseases start and how they affect your body—as well as advice on how to prevent and beat conditions that threaten your quality of life. There are also 100 questions asked by you, and answered by the experts. For instance, do you know which of the following statements are true? As you increase the amount you exercise, the rewards you gain from it increase as well. If you're not a smoker, you have nothing to worry about when it comes to your lungs. Your immune system always knows the difference between your own cells and enemy invaders. The biggest threat to your arteries is cholesterol. Memory loss is a natural, inevitable part of aging. Stress is the greatest ager, and controlling it changes which of your genes is on. Did you answer "true" for any of the above? Then take a look inside. Complete with exercise tips, nutritional guidelines, simple lifestyle changes, and alternative approaches, YOU: The Owner's Manual debunks myths and gives you an easy, comprehensive, and life-changing How-To plan—as well as great-tasting and calorie-saving recipes—that can help you live a healthier, younger, and better life. Be the best expert on your body If you have made up your mind to stick to the fitness goals that

you have set for yourself, the ultimate RPG which is easily accessible has provided enough exercises for you to use as workouts. These workouts focus on making exercise fun for you. There would be no reason for you to stop, when you are enjoying yourself. This guide has been put together to introduce you to the basic things you need to know about the Ring Fit Adventure fitness exercise game, I hope you find it useful. The RPG game can be quite easy to start, but difficult to get used to. However, keep it in mind that, this could be your first step on a journey to enjoying better health. Is your dog trying to tell you something? The better you understand your dog, the better your relationship will be. Learn how your dog thinks, how it learns and how your dog communicates, both with you and with other dogs. Written for the pet owner, this book explains how a dog's perceptions and desires result in its conduct. Best of all, by understanding what makes your dog tick, you'll learn how to socialize and train your dog to be the companion that you want. Modifying a dog's behavior isn't hard, it's simply a question of reinforcing the behavior that you desire. By using the proven techniques described in this book, you can teach your dog to be the model companion. Most businesses that close their doors have one thing in common: They ran out of money. Don't let this happen to you. This indispensable book, part of Allworth's popular Pocket Small Business Owner's Guide series, will help you to save money on every aspect of your business, from advertising to overhead. With invaluable cost-cutting tips for all types of businesses, from e-commerce and home-based operations to services and retail, this guide will help you create a blueprint that will allow your business to survive and thrive. You'll save on: Advertising Marketing Purchasing Transportation and shipping Labor Financing Facilities Operations Taxes And more! In today's economy, small business owners must seize every opportunity to keep costs down, and every penny saved goes to your bottom line. Follow this street-smart advice to lay the foundation for a business that will be profitable for years to come. Should I let my dog sleep in bed with me? Can my puppy share my dinner? How do I keep my dog happy while I'm away at work? As more and more singles share their homes with dogs (rather than mates), they face unique challenges. From what to do when your puppy poops in your shoes to how to train your dog to play nice with your new date, this guide answers all the questions you should ask before and after bringing home your new furry companions. Whether you have adopted an adult dog or are raising a puppy, international dog rescuer and author Betsy Rosenfeld offers practical, reassuring advice based on the experience of countless singles and their dogs. A single herself, Rosenfeld reveals all you need to know to live happily ever with their Prince, Baron, or Queenie. This is our seventh set of Happy, Healthy Pet titles. Like the others, they are books pet owners can turn to for the essential information they need to raise a healthy, happy pet. All

books contain information on: feeding grooming housing health care what to expect from the pet basic training As our series expands and focuses on different kinds of pets, the emphasis remains on making the pet a companion. Owners of more unusual pets will particularly appreciate the expert advice in these books because professional care for exotic animals can be hard to come by. As always, the instruction on the books is from exper-people who know their pets intimately but always remember what it was like to have one the first time. Happy, Healthy Pet guides are rich with professional quality color photos and are designed to be enjoyable and easy to learn from. Most new Greyhound owners will be acquiring an ex-racer as a pet, so we've chosen Daniel Stern, an activist for the cause of Greyhound adoptions to write this straightforward guide covering all aspects of their care. Once a well-kept secret in the United States, the American Bulldog is now one of the nation's most celebrated canine exports, establishing a devoted following around the globe. This Comprehensive Owner's Guide is dedicated to the American Bulldog, a breed that was once used as a ranch and farm dog but today excels as a companion and protection dog. Author Abe Fishman provides a controversial but wholly candid retelling of the breed's history and its re-creation in the United States. The history chapter is followed by a chapter devoted to the characteristics of this exceptional working breed, offering sound advice about which owners are best suited to this vigorous and active canine. New owners will welcome the well-prepared chapter on finding a reputable breeder and selecting a healthy, sound puppy. Chapters on puppy-proofing the home and yard, purchasing the right supplies for the puppy as well as house-training, feeding, and grooming are illustrated with photographs of handsome adults and puppies. In all, there are over 135 full-color photographs in this useful and reliable volume. The author's advice on obedience training will help the reader better mold and train into the most well-mannered dog in the neighborhood. The extensive and lavishly illustrated chapter on healthcare provides up-to-date detailed information on selecting a qualified veterinarian, vaccinations, preventing and dealing with parasites, infectious diseases, and more. Sidebars throughout the text offer helpful hints, covering topics as diverse as historical dogs, breeders, or kennels, toxic plants, first aid, crate training, carsickness, fussy eaters, and parasite control. Fully indexed. . At Last! A Beginner's Guide to Feline Technology Scratch marks on your furniture. Dead mice on your doorstep. Stray hairs all over your clothes. It's enough to make you cry out, "Why doesn't my cat have an owner's manual?" And now-finally!-she does. Through step-by-step instructions and helpful schematic diagrams, The Cat Owner's Manual explores hundreds of frequently asked questions: Which breeds interface best with dogs? How can I maintain a quality exterior finish? And why does my model always drink from the bathtub? Whatever

your concerns, you'll find the answers here—courtesy of celebrated veterinarian Dr. David Brunner and acclaimed author Sam Stall. Together, they provide plenty of useful advice for both new and experienced cat owners. The experts at Kennel Club Books present the world's largest series of breed-specific canine care books. Each of KCB's critically acclaimed Comprehensive Owner's Guides covers everything from breed standards to behavior, from training to health and nutrition. With nearly 200 titles in print, this series is sure to please the fancier of even the rarest dog! A national bestseller!

Breast cancer surgeon Dr. Kristi Funk offers a comprehensive and encouraging approach to breast care and breast cancer. Empower yourself with facts and strategies to understand your breasts, reduce your cancer risk, and open your eyes to interventions and treatments. Most women don't want to hear about breast cancer unless they have it and need to make some decisions, but these days news about breast cancer—the number one killer of women ages twenty to fifty-nine—is everywhere. Chances are you know someone who has had it. But did you know that choices you make every day bring you closer to breast cancer—or move you farther away? That there are ways to reduce your risk factors? And that many of the things you've heard regarding the causes of breast cancer are flat-out false? Based on Dr. Kristi Funk's experience as a board-certified breast cancer surgeon, she knows for a fact that women have the power to reduce breast cancer risk in dramatic ways. Many women believe that family history and genetics determine who gets breast cancer, but that's not true for most people. In fact, 87 percent of women diagnosed with breast cancer do not have a single first-degree relative with breast cancer. This book will help you: Learn the breast-health basics that every woman should know Reduce your cancer risk and recurrence risk based on food choices and healthy lifestyle changes backed by rigorous scientific research Understand the controllable and uncontrollable risk factors for breast cancer Outline your medical choices if you're at elevated risk for or are already navigating life with breast cancer There have been few solid guidelines on how to improve your breast health, lower your risk of getting cancer, and make informed medical choices after treatment—until now. With her book available in 10 languages and in more than 30 countries, Dr. Funk is passionate about her mission of educating as many women as possible about what they can do to stop breast cancer before it starts. Praise for *Breasts: The Owner's Manual*: “Dr. Funk writes *Breasts: The Owner's Manual* just like she talks: with conviction, passion, and a laser focus on you.”—Dr. Mehmet Oz, Host of *The Dr. Oz Show* “*Breasts: The Owner's Manual* will become an indispensable and valued guide for women looking to optimize health and minimize breast illness.”—Debu Tripathy, MD, Professor and Chair, Department of Breast Medical Oncology, University of Texas MD Anderson Cancer Center “*Breasts: The Owner's Manual* not only provides a clear

path to breast health, but a road that leads straight to your healthiest self. As someone who has faced breast cancer, I suggest you follow it.”—Robin Roberts, Co-anchor, Good Morning America At Last! A Beginner’s Guide to Home Technology Water stains on your ceiling. Dents and cracks in your drywall. Radiators that hiss and gurgle all night long. It’s enough to make you cry out, “Why doesn’t my house come with an owner’s manual?” And now—finally!—it does. Through step-by-step instructions and helpful schematic diagrams, The Home Owner’s Manual explores hundreds of frequently asked questions: What’s the best way to fix a leaky faucet? When should I have my chimney cleaned? How can I reset a circuit breaker without electrocuting myself? Whatever your concerns, you’ll find the answers here—courtesy of licensed building contractor Dan Ramsey, who has taught the basics of renovation to thousands of homeowners. It’s never too late. Whether you’re a new Christian or you’ve walked the road for decades, it’s never too late to find the critical truths that make life make sense. We often start out believing that common sense will be enough, that we’re prepared for the road ahead with our good values and quick thinking. It doesn’t take long to learn otherwise. A broken friendship. An obsessive career. Financial distress. Even empty success. We come back to God, searching for insight, for hope. And He provides. Nothing can replace studying the Bible. Best-selling author and pastor Charles Swindoll has spent decades studying its pages and teaching its precepts. But if sixty-six books seem overwhelming, The Owner’s Manual for Christians is the perfect starting place: a biblical summary of the major truths that anchor the Christian life. From grace to freedom, these chapters walk the reader through the keys to a life well lived?drawn from the Creator of life itself. Life is often confusing, but it does not have to be impossible. Read The Owner’s Manual for Christians and find hope for the road ahead. This book is more than just the story of a fat woman who managed to win respect and National Championships in the thin-obsessed world of dance. It’s more than just a trained researcher’s examination of the evidence about weight and health. It’s a book about living life in the body that you have now, and making decisions about what you want in the future, and how to get there. Whether you want to change your body, fight for size acceptance, just live your life, or understand and support your fat friends and family, this book provides the insights, aha moments, humor, and hard facts to help.

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