



ASCEND's Guide to Nutrition and a Healthy Life: Arm Yourself With the Facts

Jason Conviser, Melissa Smith

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Featuring cutting-edge information on sound weight management, ASCEND's Guide to Nutrition and a Healthy Life was written to provide individuals who want to win the weight-loss battle with a tool that will enable them to be successful. From weight control principles to myths and misunderstandings about losing weight, this book is designed as a must-have resource for anyone who wants to safely lose weight and keep it off.

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