



The Doctors' Clinic 30 Program: A Sensible New Approach To Losing Weight... And Keeping It Off...; The Cooper Program For The '90s

Sharon M. Cooper, J. T. Cooper

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"The Doctors' Clinic-30 Program can radically change your life. If you follow my program. I believe you can live a healthier, happier life; you'll decrease your risk of certain diseases caused by too much weight, and you'll improve your overall quality of life. That might sound like a big order, but I think you'll agree that excess weight leads to many, many health problems over time. You want to change that. That's why you're looking at the Doctors' Clinic-30 Program. Good. You're on the right track. You've taken the first step. I won't let you down. I want to help you, to share the knowledge I've gained in more than 25 years as a medical doctor specializing in the field of bariatrics (the medical management of obesity). The knowledge contained here from hundreds of sources in academic and clinical research on obesity, and from my experience in treating thousands of patients with weight problems. I've consulted articles and publications written by the top researchers and clinicians in bariatrics in order to provide you the very latest information on how to lose weight, and how to keep it off forever." (from introduction by J.T. Cooper, M.D., Atlanta, Georgia)



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