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Program For Losing Weight Safely While Eating
Abundantly By M.D., Dean Ornish, Dean, Ornish**

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Dr. Dean Ornish's Life Choice Program for Losing Weight Safely While Eating Abundantly In it, I will present new scientific evidence that you really can eat more and weigh less -- if you know what to eat. This discouragement often leads to eating even more, causing more depression and overeating in a vicious cycle.

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Dean ornish biography - life, family, parents, story, wife, school, son

His next book, Eat More, Weigh Less: Dr. Dean Ornish's Life Choice Program for Losing Weight Safely While Eating Abundantly, hit bookstores in 1993 and

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Dean ornish's life choice method touts high-carbohydrate, low-fat

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