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Fewer Calories By Robert A. Barnett, Barbara J. Rolls**

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is the author of the New York Times' bestselling books The Volumetrics Eating Plan and The Volumetrics Weight Control Plan: Feeling Full on Fewer Calories,

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The volumetrics weight-control plan : feel full on fewer calories

A nutrition expert and an award-winning journalist offer their comprehensive diet plan--with recipes--for achieving weight control without sacrificing appetite.

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Encyclopedia of obesity: j - z

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