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Mastering Leptin cuts through the confusion of countless ways to eat and provides individuals with a workable lifestyle for permanent weight loss.
Renowned leptin expert, Byron Richards analyzes over 8,500 leptin-related scientific studies and brings amazing findings to the public in an easy-to-understand format.

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Mastering Leptin Permanent Weight Optimum ...

Mastering Leptin: Your Guide to Permanent Weight Loss and Optimum Health By Byron J. Richards, Mary Guignon Richards First published in 2002, Mastering Leptin was the first and most in-depth book explaining the hormone leptin and its relationship to obesity, difficult weight Mastering Leptin: Your Guide to Permanent Weight Loss and ...

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Mastering Leptin : Your Guide to Permanent Weight Loss and Optimum Health. First published in 2002, Mastering Leptin was the first and most in-depth book explaining the hormone leptin and its relationship to obesity, difficult weight loss, yo-yo dieting, low energy, heart disease, low thyroid, stress eating, food cravings, and hormonal imbalance. Mastering Leptin cuts through the confusion of countless ways to eat and provides individuals with a workable lifestyle for permanent weight loss.

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