

What Do I Have To Lose?: A Teen's Guide To Weight Management (Science of Health Youth and Well Being)

Rae Simons, Elizabeth Bauchner, Mary Ann McDonnell



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What Do I Have To Lose?: A Teen's Guide To Weight Management (Science of Health Youth and Well Being) Rae Simons, Elizabeth Bauchner, Mary Ann McDonnell Understand the difference between healthy and unhealthy weight loss. Explains the factors that determine an individual?s ideal weight, and that healthy may not mean thin.

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