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Obese Patient is an evidence based account of clinical practice in the field Chapters are written by experts based in the US UK Europe and Australasia to reflect international practice

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regarding weight loss and ultimately helps them to adopt a healthy lifestyle and eating program that will last a lifetime

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- Chapter 2: Essential Elements of Ideas Weight Loss
- Chapter 3: Ideas Weight Loss in Everyday Life
- Chapter 4: Ideas Weight Loss in Specific Contexts
- Chapter 5: Conclusion

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