

SOMERSIZE Desserts

30 FANTASTIC
RECIPES FOR
SUMPTUOUS,
GREAT-TASTING,
GUILT-FREE
TREATS



SUZANNE SOMERS

Somersize Chocolate

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Somersize Chocolate Suzanne Somers, 2004 No Marketing Blurb **Somersize Desserts** Suzanne Somers, 2001 The actress and author shares thirty of her favorite weight conscious recipes for desserts including chocolate layer cake strawberry custard tart and cheesecake **I'm Too Young for This!** Suzanne Somers, 2014-09-23 Why Wait to Feel Good Again If you're in your thirties or forties your body is changing and so are your moods sleep health and weight Tired of being at the mercy of your hormones Armed with the knowledge in this book you don't have to be Perimenopause can be enjoyable if you know what to do *I'm Too Young for This* details how you can get your body and mind back on track safely and without drugs including How our bodies transition hormonally from puberty through perimenopause The common complaints of perimenopause and hidden factors that may keep you symptomatic What are the minor and major hormones and the important role they play in feeling good and staying vibrant and healthy What to eat including Perimenopausal Power Foods as well as other lifestyle shifts that are critical to your successful transition Cutting edge research that proves the safety and efficacy of bioidentical hormone replacement BHRT The Symptom Solver a state of the art guide to immediate relief for your hormonal complaints Plus how to find the right doctor as well as get your most frequently asked questions answered by expert hormone specialists Your life is about to change for the better You can feel great be vibrant healthy thin and sexy This book shows you how *Suzanne Somers' Slim and Sexy Forever* Suzanne Somers, 2005 Draws on the latest medical and nutritional research to present an effective approach to losing weight and balancing hormones for optimal health and vitality without the damage created by the long term effects of a low carbohydrate diet **Somersize Appetizers** Suzanne Somers, 2005 Following up her successful *Somersize Desserts* and *Somersize Chocolate* the bestselling author presents the third and fourth volumes of her single subject cookbook series featuring delicious easy low carb recipes for cocktails and hors d'oeuvres Full color **Suzanne Somers' Fast & Easy** Suzanne Somers, 2004-04-27 In this 1 New York Times bestseller find out how to lose weight the fast and easy way by eating home cooked meals made in 30 minutes or less that the whole family will love More than 5 million readers have lost weight the Somersize way after reading Suzanne's New York Times bestsellers *Eat Great Lose Weight Get Skinny on Fabulous Food Eat Cheat and Melt the Fat Away* and now *Fast and Easy* In her latest book Suzanne makes Somersizing simple fun and affordable for the whole family She outlines her weight loss program for life where you'll forget how to count calories fat grams or carbohydrates and simply enjoy delicious food with no weighing no measuring no portion control and no deprivation Here you'll find more than 100 delicious recipes tips to help you Somersize and inspiring Somersize success stories including How to make meals in minutes and Somersize products that make it even faster and easier to stay on the program How obesity is an increasing problem for American families and how eating a Somersize diet higher in proteins and fats and lower in sugar and carbohydrates can stop it How to heal your metabolism from years of yo yo dieting Moving motivating testimonials from enthusiastic Somersizers Answers to more than

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Library Journal ,2001 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

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