

The Woman Doctor's Diet for Teen-age Girls, 1980, 290 pages, Barbara Edelstein, 0139616314, 9780139616310, Prentice-Hall, 1980

Defines overweight, discusses its importance and causes, suggests diets, gives advice on dieting with the special physical and social needs of teenage girls in mind.

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Contemporary Nutrition Issues and Insights, Gordon M. Wardlaw, Paul M. Insel, Marcia F. Seyler, 1992, Nutrition, 598 pages. This book will be most suitable as a beginning textbook for any student interested either in an introduction to nutrition or in fulfilling a general science requirement. Health.

The woman doctor's medical guide for women how to look better, feel great, and get the most out of life, Barbara Edelstein, Aug 1, 1983, Health & Fitness, 290 pages. .

Our Overweight Children What Parents, Schools, and Communities Can Do to Control the Fatness Epidemic, Sharron Dalton, 2004, Cooking, 292 pages. Examines the causes of obesity in children, strategies and programs to combat obesity, and community-based approaches..

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About Pets , Sindy McKay, 2002, Juvenile Nonfiction, 40 pages. Examines both popular and unusual pets, discussing the joys and responsibilities of pet ownership..

On becoming a woman, Volume 2156 , Mary McGee Williams, Irene Kane, 1959, Adolescence, 159 pages. .

Dealing with the Stuff That Makes Life Tough The 10 Things That Stress Teen Girls Out and How to Cope with Them, Jill Zimmerman Rutledge, Aug 18, 2003, Family & Relationships, 224 pages. Offers advice on dealing with common, stress-producing issues for teenage girls, including body image, parents' divorce, and cliques..

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Discovering Nutrition , Paul Insel, Elaine Turner, Don Ross, Dec 29, 2009, Health & Fitness, 654 pages. Discovering Nutrition, Third Edition is a student-friendly introduction to nutrition on a non-majors level. Coverage of material such as digestion, metabolism, chemistry, and.

The underburner's diet how to rid your body of excess fat forever, Barbara Edelstein, Jan 1, 1987, Health & Fitness, 198 pages. Offers a program that includes a unique high-protein, low-cholesterol diet that promotes the burning of fat.

The Complete Idiot's Guide to Spells and Spellcraft , Aurora Greenbough, Cathy Jewell, 2004, Body, Mind & Spirit, 331 pages. Introduces techniques to compose and cast spells in the Wiccan tradition, and includes information on recording spells and formulas, and preparing tools and sacred spaces..

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Unspoiled air , Kaisa Ullsvik Miller, Apr 1, 2008, Poetry, 49 pages. Ullsvik Miller's debut collection affirms the reader's need for a daily massaging of profanely innocuous, even corporate language into meaning
My Friend Harry , Kim Lewis, 1995, Juvenile Fiction, 32 pages. A young boy takes his stuffed elephant everywhere he goes, including on vacation and even on a visit to school

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