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Outsmarting The Mother Daughter Food

She is the author of the bestselling books Outsmarting the Female Fat Cell; Outsmarting the Mother-Daughter Food Trap; Outsmarting Female Food Cravings; Outsmarting the Midlife Fat Cell; and Outsmarting Female Fatigue. She lives and works in the San Francisco Bay area.

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Outsmarting the Female Fat Cell - After Pregnancy Review

She is the author of the bestselling books Outsmarting the Female Fat Cell; Outsmarting the Mother-Daughter Food Trap; Outsmarting Female Food Cravings; Outsmarting the Midlife Fat Cell; and Outsmarting Female Fatigue. She lives and works in the San Francisco Bay area.

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Menopausal weight gain is "the most stubborn weight gain you'll ever experience," says Debra Waterhouse in Outsmarting the Midlife Fat Cell. This book follows her bestselling Outsmarting the Female Fat Cell, customizing the program for women ages 35 to 55. The book is easy to read, makes difficult concepts simple to understand, and has helpful checklists to keep you on track.

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