



From Fat to Fabulous: A Diet Guide for Restaurant Lovers - Second Edition

E. S. Abramson

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With the odds stacked against her, Elaine lost 50 pounds in one year. She has a sluggish thyroid, does not have a spleen, takes medication that causes weight gain, had a slipped disk, and has bad knees making any form of exercise extremely difficult. On the only diet that has ever worked for her, she went from a size 22 to a 12 by eating only restaurant meals. Missouri Governor Jay Nixon endorsed From Fat to Fabulous: A Diet Guide for Restaurant Lovers, the ONLY FUN and ENJOYABLE DIET. "It is my honor to congratulate you on the completion of your book From Fat to Fabulous: A Diet Guide for Restaurant Lovers. Your book is a great resource for those who enjoy dining out, while still maintaining a healthy lifestyle." Albuquerque Mayor Richard Berry also endorsed From Fat to Fabulous: A Diet Guide for Restaurant Lovers. "Your accomplishment of losing 85 pounds and 10 dress sizes while eating only restaurant meals is truly remarkable. Enjoying dining out is not something that the residence of the city should have to give up to maintain a healthy lifestyle. Your book will be very beneficial in educating the residents of the city on how to pick healthy, well-balanced and delicious meals while at the same time being able to enjoy socializing at their favorite dining establishments."

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