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Jan 19, 2015 SMART PEOPLE DON'T DIET: How the Latest Science Can Help You Lose Weight Permanently, by Charlotte N. Markey, PhD. Da Capo/Lifelong Books, 262 pp., \$16.99

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by Charlotte N. Markey Ph.D. I recently published the book, Smart People Don t Diet: How the Latest Science Can Help You Lose Weight Permanently (Da Capo-Lifelong

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Book smartenfit

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1 quote from Smart People Don't Diet: How the Latest Science Can Help You Lose Weight Permanently: The dieting industry is the only profitable business

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Sj magazine: ten questions with charlotte markey

Smart people don't diet. At least, that's what one Rutgers professor now knows for sure. After years studying the factors that influence body image, psychology

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Book review: smart people don't diet - scientific

Smart People Don't Diet by Charlotte N. Markey Da Capo Press, 2014 (\$16.99) Though not perfect, this is possibly the best book on weight loss ever written.

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In her book Smart People Don't Diet, The Writing Assignment That Helps You Eat Better. This excerpt is from Smart People Don't Diet by Charlotte N. Markey.

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