



The TOPS Way to Weight Loss

Howard Rankins

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The TOPS Way to Weight Loss Howard Rankins

Weight loss is about people, not calories. Drawing on the inspirational stories of the successful members of the international nonprofit, weight-loss support group Take Off Pounds Sensibly (TOPS), the organization's psychologist, Howard J. Rankin, Ph.D., shows you how to harness your personal power and the power of others to lose weight and keep it off!



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