

From the bestselling author of

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The Best of Loretta LaRoche

As Seen on Public Television

The Best Of Loretta Laroche As Seen On Public Television

LL Leslie

The Best Of Loretta Laroche As Seen On Public Television:

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Lighten Up! Loretta Laroche,2009-04-01 Loretta LaRoche is sick to death of diets and diet books Not a day goes by without an article appearing in the media that reveals some food that could be harmful or helpful to our health Food has become either demonic or divine We ve forgotten how to be in right relationship with one of the greatest pleasures we have in life eating As a result we re fatter than ever and more stressed out about being fat In this humorous and informative book Loretta cuts through the nonsense disclosing the wisdom she has accumulated from having gained and lost a tribe of people She also shares her expertise as an international stress consultant former aerobics instructor and owner of a wellness center Her eight secrets for reducing weight and stress might surprise you as she leads you down the path of learning to eat well moving with joy and living a more balanced life Her greatest promise is that you will get into shape and have fun while you re doing it **The Video Librarian** ,2002 **WTIU.** ,2003 **State Library of Iowa Video Catalog** State Library of Iowa,1998

A Woman's Journey to God Joan Borysenko,2001 Studies how women have related to God in different cultures and religions **The National Culinary Review** ,2001 **Health Promotion Throughout the Lifespan** Carole Edelman,Carol Lynn Mandle,2006 This comprehensive text provides the most current and accurate health promotion and disease prevention information available The book addresses health promotion for all ages and all population groups individuals families and communities It includes extensive coverage of growth and development throughout the life span with an emphasis on normal development as well as the specific problems and health promotion issues common to each stage A complete unit is devoted to health promotion interventions It also offers a unique assessment framework based on Gordon s Functional Health Patterns to provide consistency in presentation and an approach in line with the promotion of health Extensive coverage of growth and development throughout all stages of the life span A unit on specific interventions for health promotion Addresses health promotion for all population groups individual family and the community Incorporates Case Studies that depict actual clinical situations to give students a real life perspective Innovative Practice examples highlight unique and creative health promotion programs Summarizes specific clinical interventions in Health Teaching boxes to provide students with how to nursing actions Think About It clinical scenarios provide critical thinking questions to help readers grasp important concepts Multicultural Awareness boxes present cultural perspectives important to care planning Introduces

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