

## HEALTHY LIVING DIET



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Healthy Living Diet: Health At Every Size Background. Health At Every Size is written by Linda Bacon, Ph.D., a researcher, clinical psychotherapist, exercise physiologist, health educator and associate nutritionist at the University of California. Bacon asserts that this is not a diet or weight loss program but instead is a book about healthy living. She aims to provide you with a plan that will help you feel great in your body right now, no matter what size you are.

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