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Losing weight, unfortunately, isn't a one-size-fits-all proposition. What helps one person shed pounds may backfire on another. Because we're all so different, from our food preferences to our body chemistry, the only successful way to reach and maintain a healthy weight is to find what works for you.

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The 10 Best Weight Loss Apps That Help You Shed Pounds

Weight loss apps can help you track lifestyle habits like calorie intake and exercise. Here are the 10 best weight loss apps to help you shed unwanted pounds.

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