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You might also want to join a weight loss group where you can talk about how it s going with people who can relate. Or talk with someone you know who s lost weight in a healthy way.

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Truth: Long-term weight loss requires making healthier food choices on the regular. But if you're looking to lose weight and need some menu ideas, we've taken out the guesswork for you with this

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There are many weight loss diets out there. Some focus on reducing your appetite, while others focus on restricting calories, carbs or fat. Since all of them claim to be "the best" diet, it can be

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