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How to William A. Katz,Linda Sternberg Katz,1985 My Sweet Life Beverly S. Adler,2011-11-14 This book is a collection of life stories each chapter written by a highly respected and successful woman with diabetes The diverse group of women share their heartwarming stories and insights about finding balance between their personal professional and spiritual lives Page 4 of cover *Supermarket Gourmet* Jyl Steinback,2004 America's Healthiest Mom shows readers how to make

healthful inexpensive and basic dishes exciting and flavorful by using ingredients found in almost any supermarket More than 200 recipes are accompanied by invaluable tips **All New WW Freestyle Cookbook 2019** John Dawson,2019-01-31

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