



The Ultimate Weight Solution: 2005 Day-to-Day Calendar

Dr. Phil McGraw

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Dr. Phil McGraw has spent the last thirty years working with overweight patients and figuring out what really works when it comes to weight loss. The result is his latest New York Times #1 best-selling book *The Ultimate Weight Solution*, in which he shares his 7 Key approach to losing weight. The book, which immediately landed at the top of the major charts and has 2.5 million copies in print after nine printings, follows his three previous best-sellers *Life Strategies*, *Relationship Rescue*, and *Self Matters*, which combined have a total of 10 million copies in print and spent 219 weeks on Publishers Weekly's hardcover and paperback lists. Each day, *The Ultimate Weight Solution 2005 Calendar* shares a message from the book that will challenge the way we think about food, weight loss, and, ultimately, ourselves. Like the book, it provides an action-oriented plan to provide results and helps us get to the real reasons behind weight gain. There are also tools to identify what, how, and when to eat and why we eat when we don't want to. It can help all of us change our lives, shed pounds, and live healthier.

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