



# Lean For Life: Phase One - Weight Loss

*Cynthia Stamper Graff, Jerry Holderman*

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Lean for Life - Phase One is based on the clinically proven Lindora Medical Clinics weight-loss program. Now, thanks to author Cynthia Stamper Graff, readers will find losing weight, gaining control of the ability to look and feel better than ever, to be simple and inspirational. Its interactive format features quizzes, brief writing exercises, and provocative, psychologically-oriented sidebars to help readers stay focused and motivated.

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