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It's hard to believe but in less than 3 weeks The Diet Fix will be on Q&A with Yoni Freedhoff M.D. on The Diet Fix: Why Diets Fail and How to Make Yours Work

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why diets fail, and then taking action to work around these problems. The following are my top 10 reasons why diets fail. make it that much harder to diet.

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The following is an excerpt from the new book The Diet Fix: Why Diets Fail and How to Make Yours Work (Crown 2014) by renowned obesity expert and clinician Yoni

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