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**Further Reading for Health Professionals  
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"*After the Diet*" quarterly newsletter, A Better Way Health Consulting, Inc., P.O. Box 11985, Glendale, AZ, USA, 85318-1985, email Monika at the couch@aol.com. An excellent practical newsletter resource for lifestyle professionals to learn and grow in areas of nondiet and disordered eating. Includes research, interviews, case studies, medication update, evaluation, and handout highlight.

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