

**WINNING A LOSING BATTLE: FROM 41 STONE TO A
NEW LIFE**

Dyan Panagopoulos

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Editorial Reviews. Review. 'a great read' -- Ray D'Arcy will help others to begin to take control of their weight -- Health Magazine hopefully this book will.

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'Gary Kirwan is inspirational. He talks the talk and walks the walk. You'll be impressed by Gary's determination, discipline and downright doggedness in his.

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Your last one. You can choose: "We shall search the pantry.

ManchesterCityheldoffatitanicchallengefromLiverpooltobecomethefir

Maria, I love watching you. In the end, you have to accept

that worrying about the future is not your business. The

retired soldier tells war stories and raises the mood of

everyone in the company.

Youneedtobeonaroadandhave3ormorestacksoffoodtogetthisevent.Surviv

especially James W.