



Elizabeth Takes Off

Elizabeth Taylor

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Actress Taylor talks openly about her well-publicized weight gain of several years ago how she went from famous and glamorous to famous and fat and how she lost weight (and an alcohol problem) while gaining the self-esteem necessary to dieting and weight maintenance. The first, biographical, part of the book explains how she gained the weight; the second part perhaps the most valuable for the dieting reader is filled with advice on gearing up mentally for a long-term, successful diet. This book is extremely positive; all the advice makes absolute sense. The remainder of the book includes her diet plan, recipes, and exercise advice. Readable, instructive, and sure to be popular

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