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The Ultimate Weight Solution: The 7 Keys to Weight Loss Freedom, Free Press, 2003. The Academy of Nutrition and Dietetics: Dr. Phil's Ultimate Weight Solution. drphil.com.

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The Ultimate Weight Solution encourages people to take control of their weight with a common-sense approach to portion sizes, exercise and attitude. Dr. Dr. Phil promises that a total commitment to all seven keys will lead to success, and hundreds of people have taken the challenge.

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