

***Down Size 12 Truths For Turning Pants Splitting Frustration Into  
Fitting Success Ted Spiker***

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### **Down Size 12 Truths For**

Down Size: The 12 Truths for Getting You a Leaner, Healthier, Better Body [Ted Spiker, Mehmet C. Oz M.D.] on Amazon.com. \*FREE\* shipping on qualifying offers. The coauthor of the bestselling YOU: The Owner's Manual series recounts his own inspiring weight-loss journey Two-thirds of American adults are overweight

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Written by Ted Spiker, author of several health books, Down Size is a book about the "twelve truths about successful weight loss." I did find some of these truths to be useful, but Ted's constant self deprecating humor left me feeling uncomfortable. Down Size seemed geared more toward overweight men with a competitive streak.

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The Hardcover of the Down Size: 12 Truths for Turning Pants-Splitting Frustration into Pants-Fitting Success by Ted Spiker at Barnes & Noble. FREE Membership Gift Cards Stores & Events Help

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You can listen to the full audiobook Down Size: 12 Truths for Turning Pants-Splitting Frustration into Pants-Fitting Success, free at our library. Ted Spiker may be the coauthor of numerous ...

### **Down Size: 12 Truths for Turning Pants-Splitting Frustration into Pants-Fitting Success Audiobook**

In Down Size, Ted reveals twelve truths about successful weight loss in areas such as temptation, frustration, nutrition, and inspiration. Combining science, personal stories, expert interviews, and advice, Down Size is an entertaining, field-tested, and research-based look at how men and women can finally find the body they want.

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Down Size: 12 Truths for Turning Pants-Splitting Frustration into Pants-Fitting Success Ted Spiker. Penguin/Hudson Street, \$25.95 (288p) ISBN 978-1-59463-191-7

**Nonfiction Book Review: Down Size: 12 Truths for Turning ...**

Down size : 12 truths for turning pants-splitting frustration into pants-fitting success. by Spiker, Ted. ... In Down Size, Ted takes readers on an inspiring, candid, and comical journey, exploring the art and science of weight loss through his own struggles as a pear-shaped man in a not-so-pear-shaped world, with research about food, exercise ...

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