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The Economists Diet Two Formerly

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Chris Payne and Rob Barnett are two formerly obese economists who met while working at Bloomberg. They faced the same obstacles to healthy living that so many face today: long hours, endless stress, constant eating out, and snacking out of boredom. When they finally decided to do something about it ...

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The Economists' Diet: Two Formerly Obese Economists Find ...

The Economists' Diet: Two Formerly Obese Economists Find the Formula for Losing Weight and Keeping It Off Christopher Payne and Rob Barnett. Touchstone, \$25 (320p) ISBN 978-1-5011-6070-7

The Economists' Diet: Two Formerly Obese Economists Find ...

Christopher Payne PhD and Rob Barnett are two formerly obese economists. They discovered and formulated some principles for weight-loss and diet and this resulted in their shedding the excess weight and keeping it off for several years.

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