



# The McDougall Program for Maximum Weight Loss

*John A. McDougall*

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# The McDougall Program for Maximum Weight Loss

*John A. McDougall*

**The McDougall Program for Maximum Weight Loss** John A. McDougall

Drawing on the latest evidence about nutrition, metabolism, and hunger, an easy-to-follow weight loss plan places emphasis on a low-fat, high-carbohydrate diet while explaining how weight is lost and gained.

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