



# The Complete Idiot's Guide to Hormone Weight Loss (Idiot's Guides)

*Alicia Stanton*

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Alicia Stanton

**The Complete Idiot's Guide to Hormone Weight Loss (Idiot's Guides) Alicia Stanton**  
**How to stay slim...even when your hormones are working against you.**

For many people, trouble losing weight isn't about will power-it's about hormones. Stress, estrogen loss, thyroid imbalance, are just a few of the hormonal conditions that can lead to weight gain regardless of how much one diets or exercises. *The Complete Idiot's Guide(r) to Hormone Weight Loss* offers detailed yet accessible explanations of these conditions and provides readers with diet plans, eating strategies, exercise tips, and other useful information that will enable them to win the uphill battle against unwanted weight gain.

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