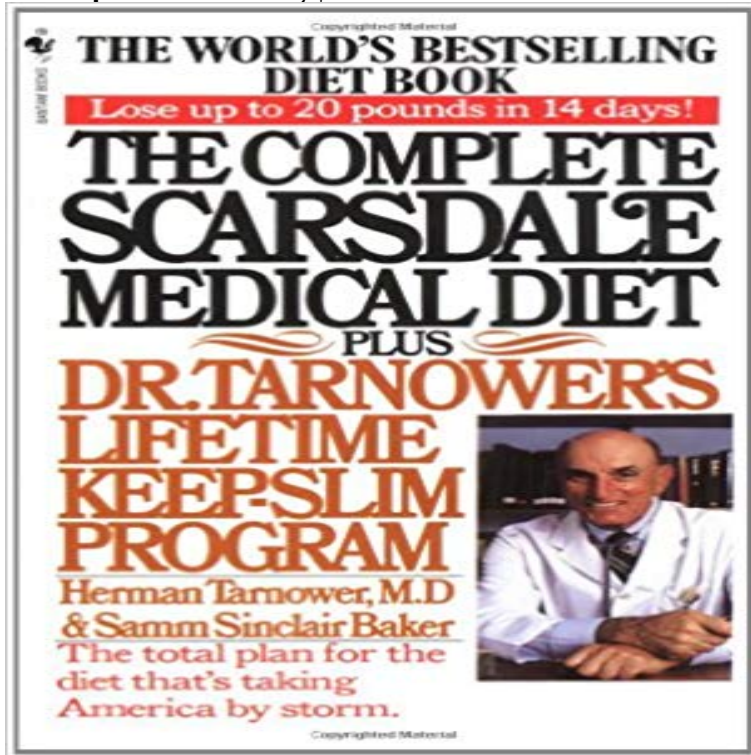


## The Complete Scarsdale Medical Diet: Plus Dr. Tarnowers Lifetime Keep-Slim Program



For more than 40 years, Dr Herman Tarnower warned his patients to eat sensibly and stay trim. When they complained that diets didnt work, he decided to find a diet that would work. After years of research and medical trials he founded the Scarsdale Medical Centre and developed a weight loss programme that he believed was simple, safe and fast. This book offers answers to a range of diet and health questions, and contains five complete 14-day menu plans, a lifetime keep-slim programme and guidance on a range of medical problems that are affected by diet.

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Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

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