

# **The Way To Eat: A Six-Step Path To Lifelong Weight Control By David. L. Katz;Maura Harrigan Gonzalez**

**By David. L. Katz;Maura Harrigan Gonzalez**

Keep it healthier (and more affordable) using these tips to eat better with minimal effort.

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refers to a wrapped sandwich that is prepared in this way. ^ Katz, David; Gonzalez, Maura (2004). Way to Eat: A Six-Step Path to Lifelong Weight Control.

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