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Diski (1947-2016)

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contributed more than 200 pieces to the London Review of Books over 25 years, beginning in 1992. A new book, *Why Didn't You Just Do What You Were Told?*, collects a few dozen of the ...

In 'Why Didn't You Just Do What You Were Told?' prime cuts from Jenny Diski's catalogue of intimate, witty essays

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Our goal is to learn to treat yourself with kindness & acceptance in order to make more room for your authentic self. Are you struggling with your inner critic, unfulfilling relationships or life ...

Psychology Today

In a diary entry dated March 7, Bridget on Jude's advice decides to write a list of what she eats in a bid to find out why her diet has

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failed. Breakfast: hot-cross bun (Scarsdale Diet - slight ...

Bridget Jones diet warning

This diet regime wasn't particularly dubious, but it did lend a potentially dangerous new tool to those looking for a way to quantify and reduce their food intake. Case in point: The Scarsdale ...

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**Sleeping Beauty and
worm diets --
thinning through
history**

Whether the questioners are strangers, friends, relatives,... What killed the famous diet doctor? No, I'm not referring to the famous case of the Scarsdale Diet doctor, Herman Tarnower, who was ...

**The Healthy Skeptic:
Cutting through the**

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Hype about Your Health

The 1980 murder of Scarsdale diet doctor Herman Tarnower. Jean Harris, his ex-lover and headmistress of a prestigious girls' school claimed the shooting was accidental when the doctor struggled ...

Murder Made Me Famous

This diet changes for the better the way you eat and cook. Now I'll

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be proud to walk up the aisle behind my sister. The Scarsdale Diet was published in 1973 and devised by Dr Herman Tarnower ...

Diets through the decades

If her building goes co-op, her daddy will buy it. But she owes it all to the Scarsdale Diet. She shops the sales for designer clothes, she has designer nails and a designer nose." And

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then at ...

A Final Conversation With Anne Beatts

Herman Tarnower, the murdered diet-book writer, tried to class up his offices in Scarsdale by strewing them with British publications. It didn't seem to have worked. It remains, however ...

Prime Cuts From Jenny Diski's Catalog of Intimate, Witty

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Essays

Ten billion
amphetamines
manufactured
annually. 1977 - Liquid
protein diets banned
after three deaths.
1979 - "The Complete
Scarsdale Medical
Diet" becomes a best-
seller. Success is short-
lived for ...

Weight Loss Fads Revisited

(Pro tip: Check out
Forley's Meringue

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Shop; it's the special-order arm of the biz.) Nutmeg Café easily fulfills all gluten-free diet needs with loads of flavor. Gluten-free baked goods run the gamut ...

6 Bakeries to Visit for Gluten-Free Goodies in Westchester

Among the topics of their inquiry will be: How does food insecurity affect the

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economy and overall health of the nation, given a nutrient-poor diet may contribute to the development of obesity ...

**Come to the
Hastings Farmer's
Market tomorrow to
help...**

Calcium is essential, but it's healthier to get it directly from your diet. Kava is a natural supplement used to ...

Lipman, M.D., FACP,

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FACE from Scarsdale Medical Group. A study published in ...

These Popular Supplements Have Hidden Dangers, Warn Experts

“Mother,” says Donald, “they’re such noisy people. One neighbor...

“Has your diet changed?” I asked an 87-year-old woman I was admitting into the hospital. “Yes,” she said.

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Family Jokes

Quick and rapid weight loss diet plans are based on person body type. Grapefruit, lemonade, scarsdale, cabbage soup are some of the rapid diet plans. Tips for Underweight Children to Gain Weight ...

Weight Management

1950: cabbage soup diet The cabbage soup diet took off in the

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1950s as figure-conscious housewives hailed the low-cal veggie broth for its quick weight loss results. It was typically followed ...

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