

ABG to a Lite and Healthy Lifestyle

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First Printing Corrections

Pg	Error	Correction
8	First sentence: The following list provides some direction with respect to each of the statements, ...	The following list provides some direction with respect to each of the previous statements, ...
11	Second sentence: Be sure to tell your physician about any supplements, too.	Be sure to tell your physician about any supplements, too.
107	Morning meals, reasonable, second entry: Scrambled egg substitute	Scrambled eggs or egg substitute
116	Bottom of page, fourth bullet: Have suicidal involvement	Have suicidal tendencies
126	Second bullet: Never leave food sitting out...	Never leave perishable food sitting out...
170	Last line on page, second column parenthetical reference: 75% to 80% from #4	75% to 85% from #4
194	Second full paragraph, last sentence: By the time she participated in the NIFS/ Clarian Women's LivLite Advantage program in 2002...	By the time she participated in the NIFS 12-week lifestyle management program in 2002...

This errata sheet is intended to provide updated technical information. Spelling and grammar misprints are updated during the reprint process, but are not listed on this errata sheet.