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Make The Connection Ten Steps

In Make the Connection, Greene tells you how to lose weight the Oprah way: with hard work that includes a sensible diet and daily workouts. He gives 10 steps that he believes are the fastest and most effective ways to increase your metabolism and decrease your weight.

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Remember the ten steps... 1) Exercise Aerobically.. for me that means walking quickly (like I'm late for an appointment) 20 minutes a day. 2) Exercise in the Zone...don't just stroll when you walk, start with 1)then work up from there. 3)

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Step 1: Turn it on and point it in the right direction.

Troubleshoot wireless network connection problems in 10 steps

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