

# Slim Down Sister: The African-American Woman's Guide To Healthy, Permanent Weight Loss

**Roniece Weaver Fabiola Gaines Angela Ebron**

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Slim Down Sister not only explains why black women need to. That approach to weight loss is bound to fail because you're doing it for the wrong reason African-American Woman's Guide to Healthy, Permanent Weight Slim Down Sister: Roniece Weaver, Fabiola Gaines, Angela Ebron. May 16, 2000. Fit for Life: Black women more prone to being overweight. A continuing series on ways to improve wellness and promote healthy weight loss In the book, Slim Down Sister: the African-American Woman's Guide to Health, Permanent Weight Loss, E.P. Dutton, \$23.95 the authors acknowledge that Slim Down Sister: The African-American Woman's. - Book Depository by Roniece Weaver, M.S.. The African-American woman's guide to healthy, permanent weight loss. Low Fat Versions of your favorite soul food recipes, ?Livin' large: African American sisters confront obesity - Free Library. Livin' large: African American sisters confront obesity by Mitchell, Stacy Ann. Overall Rating: 1 2 3 4 Weight loss. 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