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She shares much of what she has learned in her book State of Slim, co-authored by James O. Hill, PhD. and is co-founder and manager of Shakabuku LLC, a company whose mission is to remove barriers to bring out everyone's inherent greatness. Shakabuku LLC brings State of Slim programs, products and services to organizations, groups and ...

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Colorado is the leanest state in the nation, but not because of something in the air or the water. Rather, it's where diet, activity, and environment perfectly intersect. From their Denver-based research facility, leading weight-loss experts Dr. James Hill and Dr. Holly

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