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Farewell To Fat

This is not a weight-loss book, but rather a collection of wonderfully delicious recipes to prepare every day in your own kitchen. Simmons has trimmed the fat from these down-home favorites, and throughout the book Richard shares his "Farewell To Fat" wisdom, which has helped so many people to get down the

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and throughout the book Richard shares his "Farewell To Fat" wisdom, which has helped so many people to get down the pounds - millions, in fact. Before Simmons jumps into his favorite subject, the recipes, he tells all in chapter 1, "Welcome to My Kitchen." Here he describes the six

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Cookbook Unknown

Binding - May 18, 1996

by Richard Simmons

(Author)

**The Richard
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Richard Simmons:

Farewell to Fat July 16,

1999 , by Paul Lucas

Frizzy-haired fitness

guru Richard Simmons

often chooses

interesting locales for

his infomercials: one

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was set aboard a cruise ship, another at the Apollo Cafe in Harlem.

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Seen on ...

In this clip from the 1996 Farewell to Fat infomercial, Richard Simmons has his dreams come true when a bunch of men join him onstage to "shake their booties." Then a formerly-obese physician...

Richard Simmons
Infomercial: Men
Shake Their Booties

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Cookbook: Homemade
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unopened, undamaged item in its original packaging (where packaging is applicable).

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skim milk or 2 cups low-fat milk, scalded, vegetable oil, sugar (use any combination of honey, , brown , molasses or corn syrup), salt (optional),

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warm water , 105 to 110 degrees f, active dry yeast (2 envelopes), sugar, eggs, well-beaten, oats or 1 cup quick , rolled, bran flakes , unprocessed bran, whole grain wheat flour (any combination of whole wheat, rye, or buckwheat), unbleached white ...

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Simmons began his weight-loss career by opening his gym Slimmons in Beverly Hills, California, catering to the overweight, and he became widely known through exposure on television and through the popularity of his consumer products. He is often parodied and was a frequent guest of late night television and radio talk shows, such as the Late Show

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with David Letterman and The Howard Stern Show. He continued to promote health and exercise through a decades-long career and later broadened his activ

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to get down the pounds - millions, in fact.

Richard Simmons' farewell to fat cookbook (Book, 1996 ...

Likewise, he has also written numerous fitness and health-related books such as Reach for Fitness: A Special Book of Exercises for the Physically Challenged (1986), Richard

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Richard Simmons'
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