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Excerpted and adapted from *Fit Quickies; 5 Minute Targeted Body Shaping Workouts*, by Lani Muelrath, Penguin/Alpha, 2013. What? The Plant-Based Fitness Expert Advisor for the McDougall Health and Medical Center Discussion Boards is putting the words 'failure' and 'McDougall Diet' in the same sentence? Settle down. And now that I've got your attention, let me [...]Shop new, used, rare, and out-of-print books. Powell's is an independent bookstore based in Portland, Oregon. Browse staff picks, author features, and more. Dear Twitpic Community - thank you for all the wonderful photos you have taken over the years. We have now placed Twitpic in an archived state. BibMe Free Bibliography & Citation Maker - MLA, APA, Chicago, Harvard