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New Insights into the Experience of Long-Term Weight-Loss Maintenance in an Adaptive, Two-Year Weight Management Programme

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2024

DOI (link to publisher)

[10.5463/thesis.520](https://doi.org/10.5463/thesis.520)

document version

Publisher's PDF, also known as Version of record

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citation for published version (APA)

Spreckley, M-C. (2024). *New Insights into the Experience of Long-Term Weight-Loss Maintenance in an Adaptive, Two-Year Weight Management Programme*. [PhD-Thesis - Research and graduation internal, Vrije Universiteit Amsterdam]. <https://doi.org/10.5463/thesis.520>

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A Lifelong Journey

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New Insights into the Experience of
Long-Term Weight-Loss Maintenance in an Adaptive,
Two-Year Weight Management Programme

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