

Accepted Manuscript

Permissive flexibility in successful lifelong weight management: A qualitative study among Finnish men and women

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PII: S0195-6663(16)30995-3

DOI: [10.1016/j.appet.2017.04.031](https://doi.org/10.1016/j.appet.2017.04.031)

Reference: APPET 3444

To appear in: *Appetite*

Received Date: 21 December 2016

Revised Date: 22 March 2017

Accepted Date: 26 April 2017

Please cite this article as: Joki A., Mäkelä J. & Fogelholm M., Permissive flexibility in successful lifelong weight management: A qualitative study among Finnish men and women, *Appetite* (2017), doi: 10.1016/j.appet.2017.04.031.

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