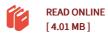




Picture Perfect Weight Loss 30 Day

By Shapiro, Howard Dr

MacMillan & Co, 2005. Illustrated Card. Condition: Brand New. 1st. "These amazing photographs brilliantly expose excessive calories and instantly show how to make more healthful food choices."--Marion Nestle, Ph.D.,At the heart of Dr. Shapiro's eating plan are 115 new, dramatic food comparisons. Once seen, these demos are never forgotten, so you don't need to memorize numbers or weigh portions. To make things even easier, Dr. Shapiro presents his new Picture-Perfect Weight Loss Food Pyramid for an instant visual guide to better choices. You'll find expert advice and weight-control strategies for kids, teens, and seniors, and you'll even learn what to eat at birthday parties, picnics, and baseball games. Finally, you'll enjoy the "Bite or Burn" comparisons, showing you how many hours of exercise you will need to "burn" off the calories from foods you have chosen to "bite." All of our books are in the shop, and are 'real' books. We try to post the same day as the order. Descriptions are conservative. Postage rates may be lower than ABE estimate, please use Ask Bookseller a Question to confirm availability and postage cost, use [Ask Bookseller a Question] option below to confirm availability and get accurate postage quote for this...



Reviews

This book may be really worth a read through, and far better than other. it was actually writtern extremely completely and valuable. I am just very easily will get a satisfaction of looking at a published ebook.

-- Lillie Toy

It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.

-- Miss Marge Jerde