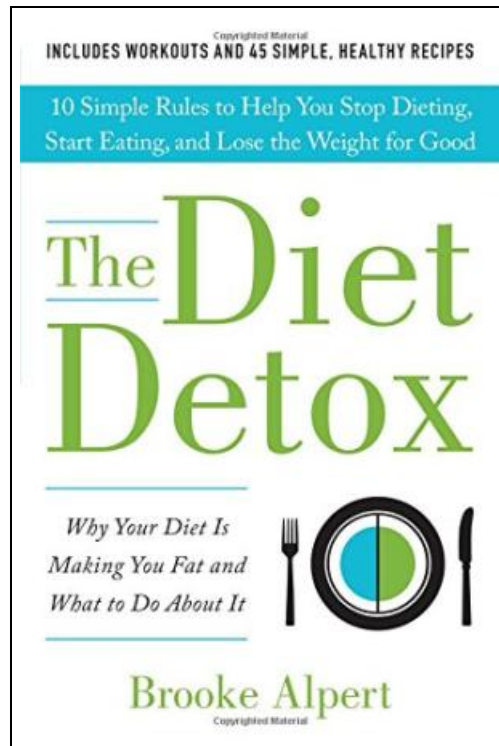


The Diet Detox: Why Your Diet Is Making You Fat and What to Do About It: 10 Simple Rules to Help You Stop Dieting, Start Eating, and Lose the Weight for Good (Hardback)



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Reviews


The publication is easy in read through better to recognize. It usually will not cost too much. You wont feel monotony at whenever you want of the time (that's what catalogs are for concerning when you question me).
(Rebecca Bechtelar)


THE DIET DETOX: WHY YOUR DIET IS MAKING YOU FAT AND WHAT TO DO ABOUT IT: 10 SIMPLE RULES TO HELP YOU STOP DIETING, START EATING, AND LOSE THE WEIGHT FOR GOOD (HARDBACK)



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BENBELLA BOOKS, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Your diet is making you fat. Forget the fads and finally lose weight for good with 10 simple rules-and no BS. We're addicted to fad diets, cleanses, and programs that promise miracles in minutes. But when diets have expiration dates, so do the results. After those popular 30-day diets end, people slide back into the same bad habits that led them to gain weight in the first place. Nationally recognized nutrition expert Brooke Alpert has seen this happen far too often. She knows that in order to lose the weight and keep it off, you must develop habits that will help you stop dieting and start eating well for the rest of your life-not just the rest of the month. In *The Diet Detox*, Brooke shares the diet advice she would give to her friends. Engaging and encouraging, this visually friendly, easy-to-use guide lays out a set of 10 simple rules meant to teach people how to eat for lifelong health. Along with Brooke's expert advice, you'll find: A one-week kickstart program Nutritionist-tested weekly food plans and shopping lists 45 delicious recipes-each with no more than 5 ingredients 10 doable, effective high intensity interval workouts from one of NYC's top gyms This is not a demanding, complicated program that leaves you hanging after you're finished reading-this is a lifestyle manual that will help you form healthy eating habits that last the rest of your life. *The Diet Detox* is the practical, non-diet diet book that everyone should read, whether they want to lose weight, get healthy, or just stay that way. Brooke's 10 simple rules will be the last you'll ever need: stop dieting and take control of your...

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