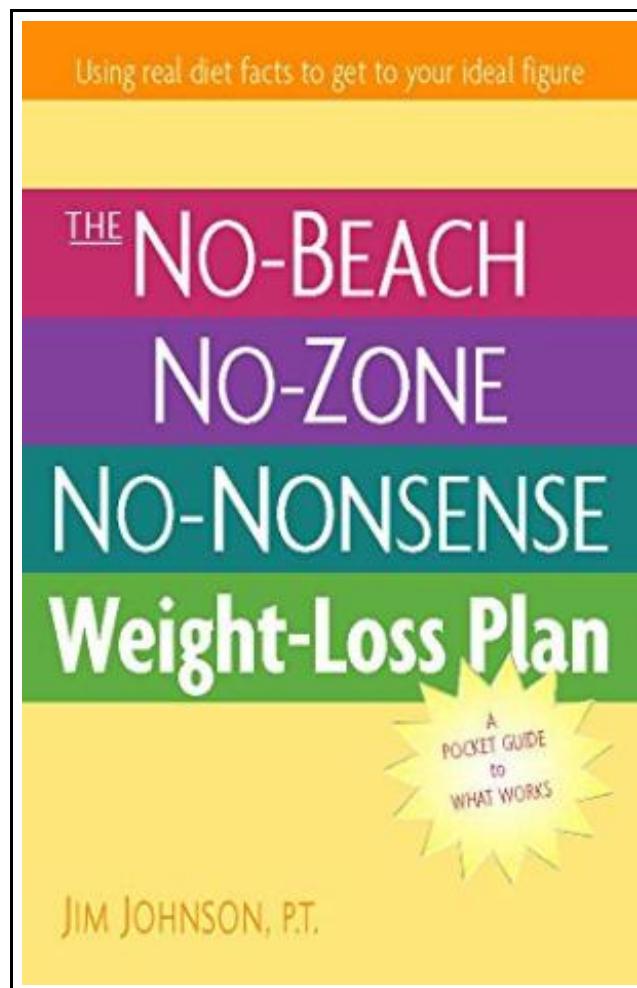


The No-beach, No Zone, No Nonsense Weight Loss Plan: A Pocket Guide to What Works



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Reviews

*A really wonderful book with lucid and perfect reasons. This can be for all who statte there was not a worth reading through. You are going to like how the author write this book.
(Dr. Grady Jacobi DDS)*

THE NO-BEACH, NO ZONE, NO NONSENSE WEIGHT LOSS PLAN: A POCKET GUIDE TO WHAT WORKS

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Hunter House Inc., U.S., United States, 2007. Paperback. Book Condition: New. 178 x 114 mm. Language: English . Brand New Book. THE NO-BEACH, NO-ZONE, NO-NONSENSE WEIGHT-LOSS PLAN is based entirely on: * an analysis of scientific studies, so that it is fact-based * research on successful dieters that shows how they got the weight off and kept it off * diet and exercise strategies that can be done at home What is currently on the market: a lot of diet and weight loss books with gimmicks and a lot of fluff, but very few theories that are supported by randomized controlled trials. THE NO-BEACH, NO-ZONE, NO-NONSENSE WEIGHT-LOSS PLAN is the antithesis of these books. The author has reviewed the weight loss literature, found proven solutions, and put it all in a digestible format for the lay person. The book contains self-help information on * calculating calorie needs and determining your BMI * the truth about cellulite and spot reducing * whether your weight is threatening your health * why your weight problem isn't all your fault * calculating the percentage of fats, carbs and protein in your diet * a little-known exercise strategy shown to work in many controlled trials * detachable exercise and calorie count cards THE NO-BEACH, NO-ZONE, NO-NONSENSE WEIGHT-LOSS PLAN is easy to read, practical, and contains a simple workable plan for anyone.



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