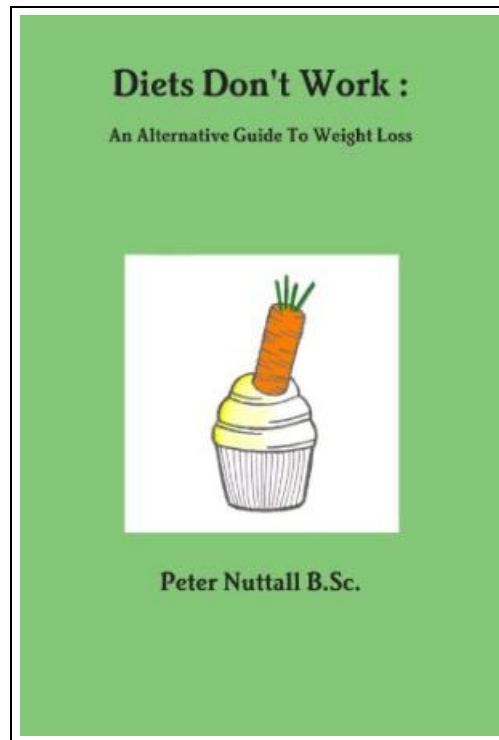


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DIETS DON T WORK : AN ALTERNATIVE GUIDE TO WEIGHT LOSS (PAPERBACK)



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Lulu.com, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Have you tried every possible diet and had no success? Have you managed to lose weight and then put it all back on again? Are you sick of fad diets that feel like nothing but hard work? Then you need Diets Don t Work : an alternative guide to weight loss which outlines the simple yet effective I m not on a diet - diet . Sports Therapist Peter Nuttall B.Sc. explains what food is, why you need it and how your body uses it so you ll have a full understanding of how to change your lifestyle and eating habits to lose weight without compromising on the foods you enjoy. A diet is a regime, a quick fix, a program which can work for a short while but is not sustainable. Once the diet is broken, old habits creep back in and your weight begins to increase once more until you re back where you started. Weight loss can feel like a distant unachievable dream for a lot of people who seem to be on an endless treadmill of different fad diets, abstinence, hunger and unhappiness; but it doesn t have to be that way.



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