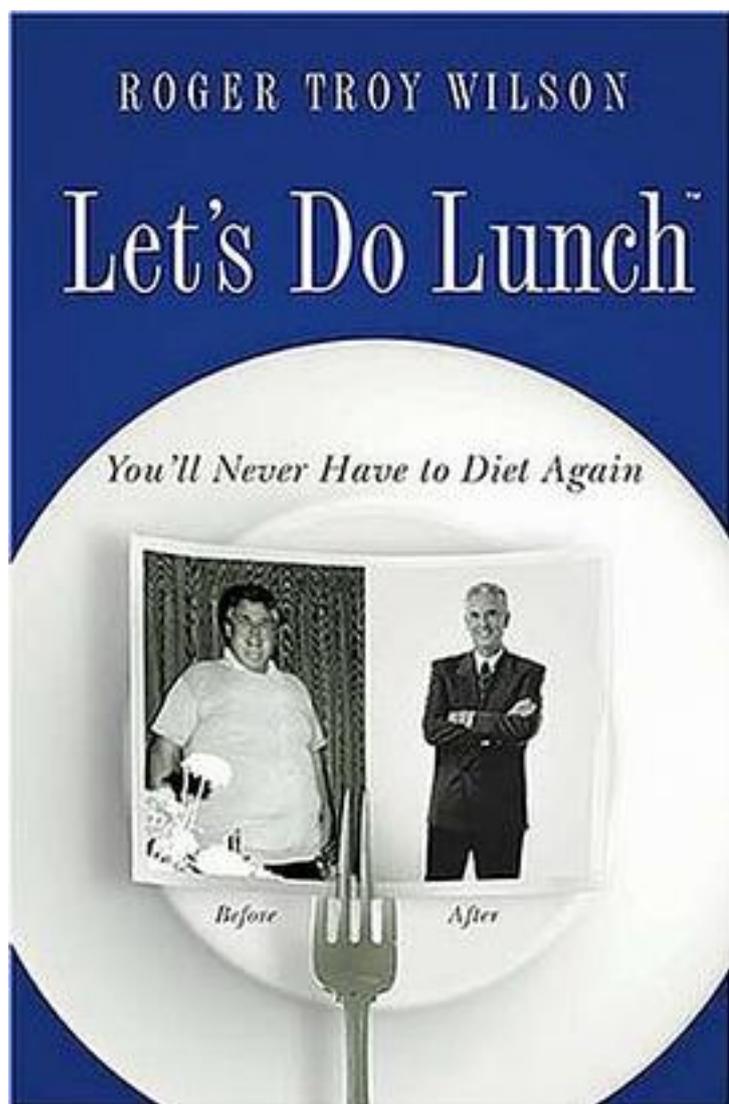


# Let's Do Lunch



[Let's Do Lunch\\_下载链接1](#)

著者:Roger Troy Wilson

出版者:Nelson Books

出版时间:2005-08-30

装帧:Hardcover

isbn:9780785213215

Roger Troy Wilson weighed 425 pounds and had a 5-foot waist. He had given up on losing weight and prayed that he would die and go to Heaven.</p>

After fifteen years of experimenting with different foods and eating patterns, he discovered how to actually have fun losing weight easily---almost the complete opposite of most diets. He lost 230 pounds and 24 inches from his waist.</p>

Today Wilson has maintained his weight loss for years. "You do not need to exercise or count carbs. You can do it without portioning and shakes and chemicals," says Wilson. In Let's Do Lunch, he reveals: </p>

the dumbest thing we all do that keeps us from losing weight

which "non-fattening" foods are actually fattening

special ways to eliminate cravings

where to go and what to get when you want to eat something quick

Once you've read Let's Do Lunch, you'll never think of eating any other way.</p>

作者介绍:

目录:

[Let's Do Lunch\\_下载链接1](#)

标签

评论

-----  
[Let's Do Lunch\\_下载链接1](#)

书评

-----  
[Let's Do Lunch\\_下载链接1](#)