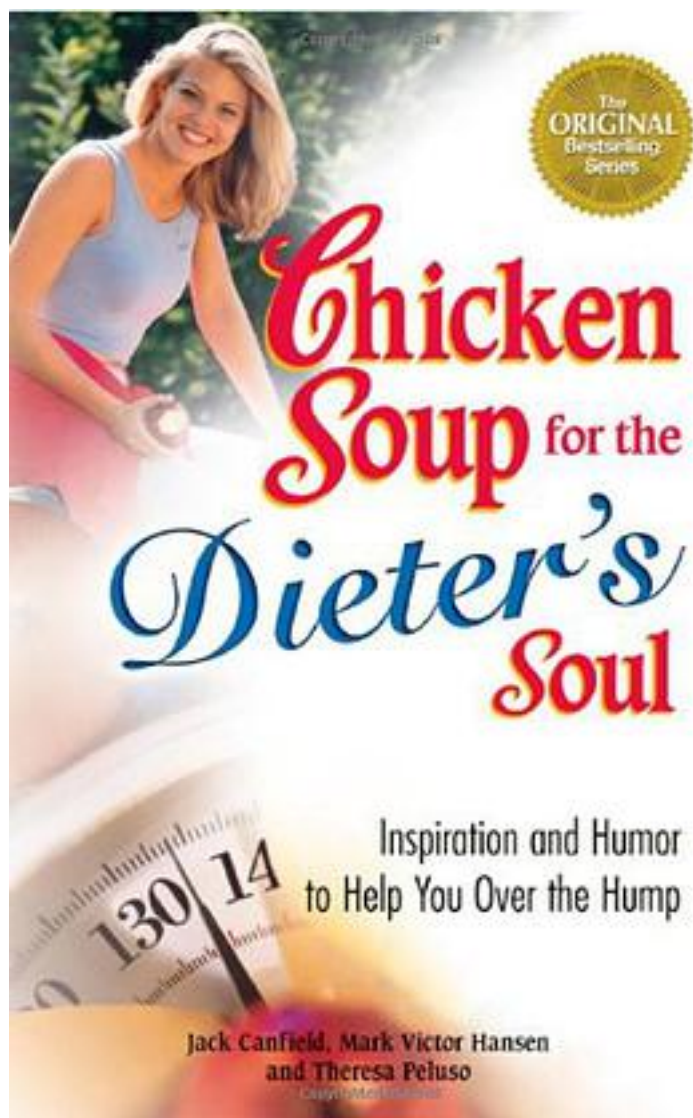


Chicken Soup for the Dieter's Soul



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Book Description

Whether it's Atkins or South Beach, no carbs or no sugar, One Minute Wellness or 8 Minutes in the Morning, millions of people are doing it: Dieting. Tips on great food, (including recipes), portion control, meal frequency, how to cope with cravings, important nutrition facts as you lose weight, hints when eating out, even changing your shopping habits are included. Successful dieters have a plan and are ready to deal with setbacks when they come along. You'll read stories about setting realistic goals, being kind to yourself, avoiding triggers and using the buddy system. If you've tried every diet under the sun, the latest fad, pill and potion without realizing or maintaining your goal you'll enjoy these "war stories" and realize you aren't alone in the battle. "Chicken Soup for the Dieter's Soul" is replete with success stories, anniversaries celebrated and the secrets to a life of good dieting. Readers share in fellow dieters' achievements and transformations. For every failure there are ten success stories and we're including them here to inspire and motivate you toward a lifetime of good health.

Book Dimension

length: (cm)21.5 width:(cm)14

作者介绍:

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