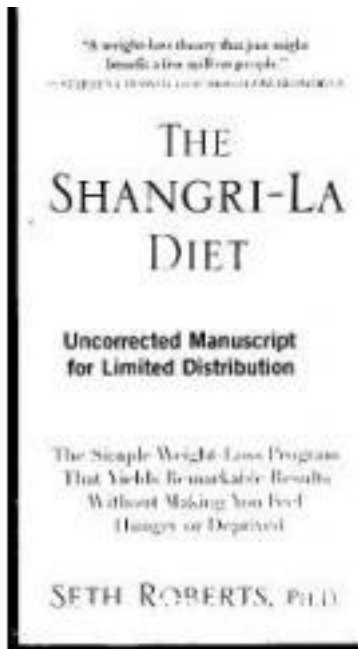


The Shangri-La Diet



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著者:Seth Roberts

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As seen in the New York Times and on Good Morning America-now updated by the author.

 Imagine a diet that's as easy as "a spoonful of sugar" (or extra-light olive oil) twice a day. A diet that actually reduces appetite and cravings. A diet that's based on a wealth of scientific findings but is simple enough for anyone to stick to. A diet with results that amaze almost everyone who tries it.

 Psychology professor Seth Roberts asks a simple question most weight-loss experts haven't thought to tackle: What makes people hungry? Based on a new understanding of how the human body regulates hunger, The Shangri-La Diet presents a strikingly simple and surprisingly effective way to lose weight-without giving up favorite foods.

 Simple and counterintuitive, this extraordinary new diet is changing the way the world thinks about weight loss-one success story at a time.

作者介绍:

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