

Sticky Weight Management



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Read this book if you want to... ? lose weight and keep it off ? reduce your risk of heart disease, high blood pressure, ? stroke, and diabetes ? discover the three bad foods and four good ones ? find out the truth behind popular diets ? learn surprising (and good) news about exercise ? take your first steps to understanding your most remarkable possession: your body. Sticky Weight Management uses a unique learning method to bring a vital topic to anyone with an hour to spare. We spent hundreds of hours with dozens of readers testing and refining it to be sure it will work for you. Includes a comprehensive Next Steps section with guides to 20 controversial foods, progress monitoring equipment, software, newsletters, and more.

作者介绍:

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