

Dare to Lose



dare to LOSE

4 SIMPLE STEPS TO
A BETTER BODY

- De-stress your life and detox your body
- Eat to lose and stay thin for life
- Take supplements that really work
- Train your body to burn fat 24/7

**Shari
Lieberman**

Ph.D., CNS, FACN

with Nancy Bruning

"Shari Lieberman has written the best, most sensible book on weight loss in years. I urge my patients and radio listeners to use it as a blueprint!"

Weight Loss Doctor, N.D., L.N.C.
Author of *Breakfast for a Better Body*, *Supercharged Metabolism*



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Dare to Lose is an empowering, innovative approach to weight loss that can help anyone transform their bodies and rev up their metabolism to keep weight off forever. In her trademark no-nonsense style, Shari Lieberman candidly challenges women to get serious and commit to her lifelong weight-loss program, geared to their individual

needs.

Lieberman explains the importance of metabolism in weight loss, pointing out the factors that slow down metabolism-such as stress, yo-yo and crash dieting, and sedentary lifestyles-and ways to counteract them. Her four-step program includes eliminating stress and toxins from the body; following sound nutrition guidelines; engaging in fat-burning, muscle-building exercise; and taking nutritional supplements that help boost metabolism for quick yet lasting results.

作者介绍:

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