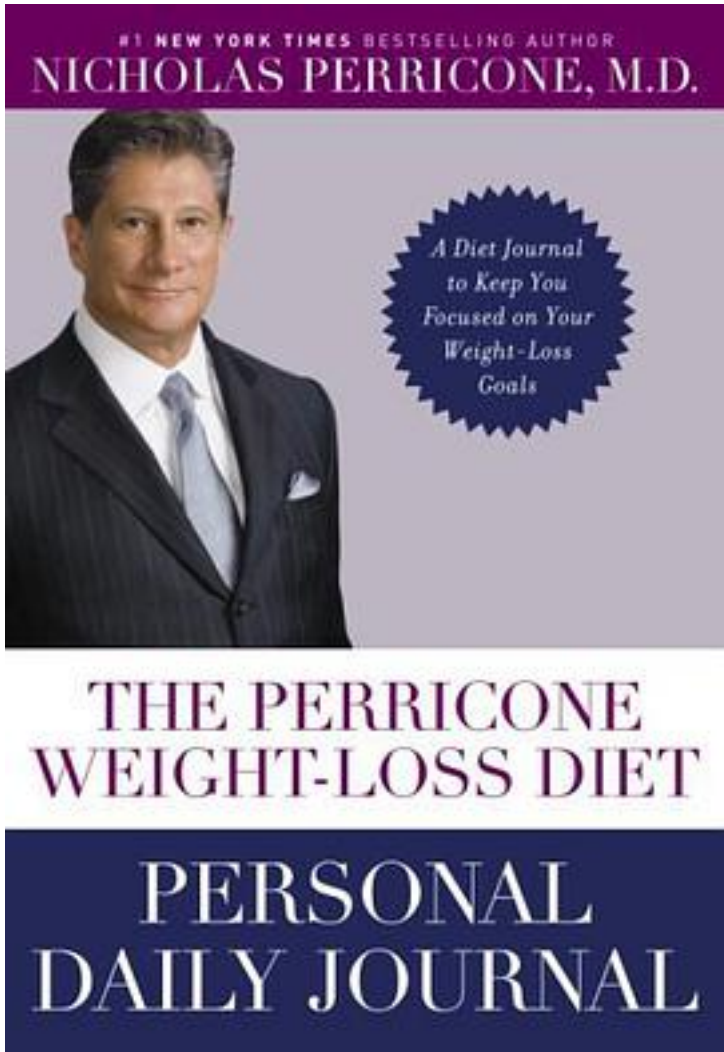


# PERRICONE WEIGHT-LOSS DIET PER



[PERRICONE WEIGHT-LOSS DIET PER 下载链接1](#)

著者:Perricone M.D., Nicholas

出版者:Ballantine Books

出版时间:2005-12

装帧:Pap

isbn:9780345491336

In the blockbuster book The Perricone Weight-Loss Diet, Dr. Nicholas Perricone presented a groundbreaking program for losing weight, maintaining muscle, and toning the skin by following his anti-inflammatory food plan. Now, in The Perricone Weight-Loss Diet Personal Daily Journal, Dr. Perricone provides a day-by-day motivating guide to everything you need to integrate this program into your busy life. Elegantly designed and easy to use, this daybook features

- delicious menu plans
- easy recipes
- fat-burning secrets of the anti-inflammatory lifestyle
- tip of the day
- inspirational quotes from Dr. Perricone
- space to write down your own experiences as you transform into the new you

As Dr. Perricone has discovered, patients who keep a journal achieve the greatest results. Having a written report is a strong motivator and will make sure you are focused on your goals. So lose the fat, the wrinkles, and the years with The Perricone Weight-Loss Diet Personal Daily Journal, the perfect companion on your journey to a slim, healthy, and youthful body.

作者介绍:

目录:

[PERRICONE WEIGHT-LOSS DIET PER\\_ 下载链接1](#)

标签

评论

-----  
[PERRICONE WEIGHT-LOSS DIET PER\\_ 下载链接1](#)

-----  
[PERRICONE WEIGHT-LOSS DIET PER 下载链接1](#)