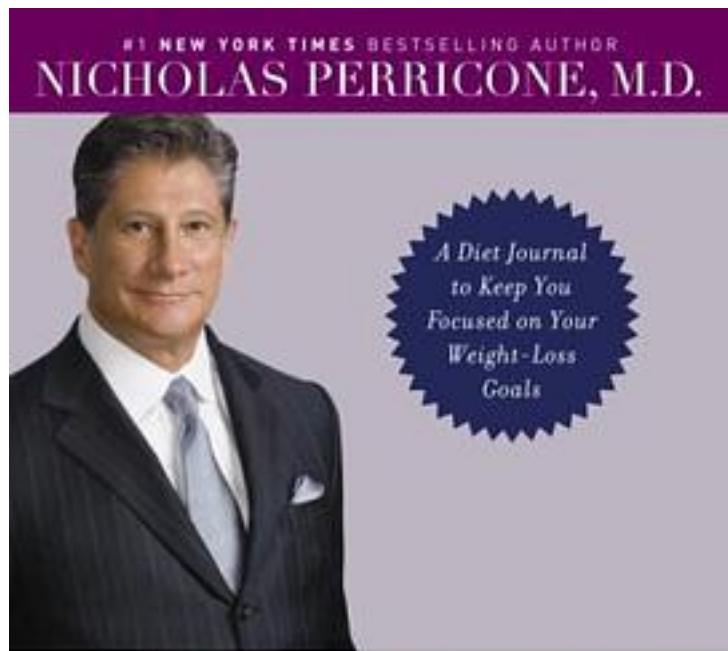


PERRICONE WEIGHT-LOSS DIET PER



THE PERRICONE WEIGHT-LOSS DIET

PERSONAL DAILY JOURNAL

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著者:Perricone M.D., Nicholas

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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.

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