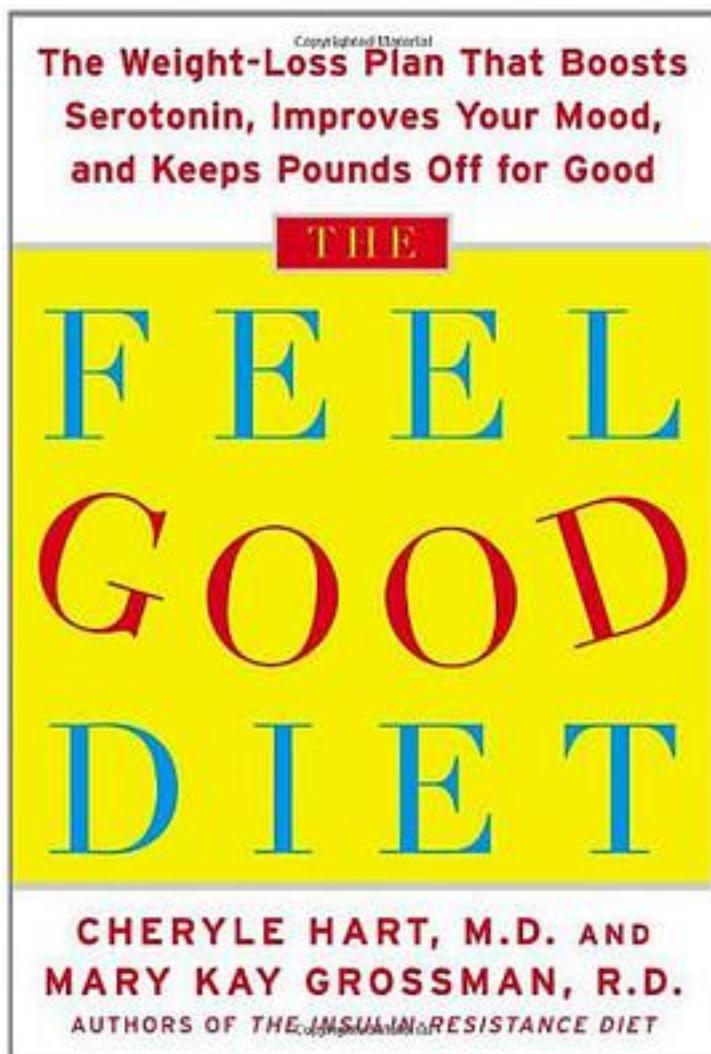


The Feel-good Diet



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No cravings. No stress. No fatigue. Finally, a diet you can feel good about! Introducing The Feel-Good Diet, a scientific breakthrough in weight loss that will help you: Turn off your hunger Turn on your energy Tone up your body And "yo-yo" no more! The Feel-Good Diet is a revolutionary weight-loss program that works with you, not against you. Cheryle Hart, M.D., and Mary Kay Grossman, RD, reveal that many other diets cut out essential carbs and pack on too much protein, which depletes your brain's neurotransmitters, especially serotonin. This "yo-yo brain" effect zaps your willpower and leaves you irritable, depressed, and carbo-craved. The Feel-Good Diet helps you battle "yo-yo brain" and finally win your war with your weight. With a few simple guidelines and easy-to-prepare menus, you can eat delicious, healthy foods that actually boost your serotonin levels--so you can lose weight, end cravings, reduce stress ...and feel good.

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