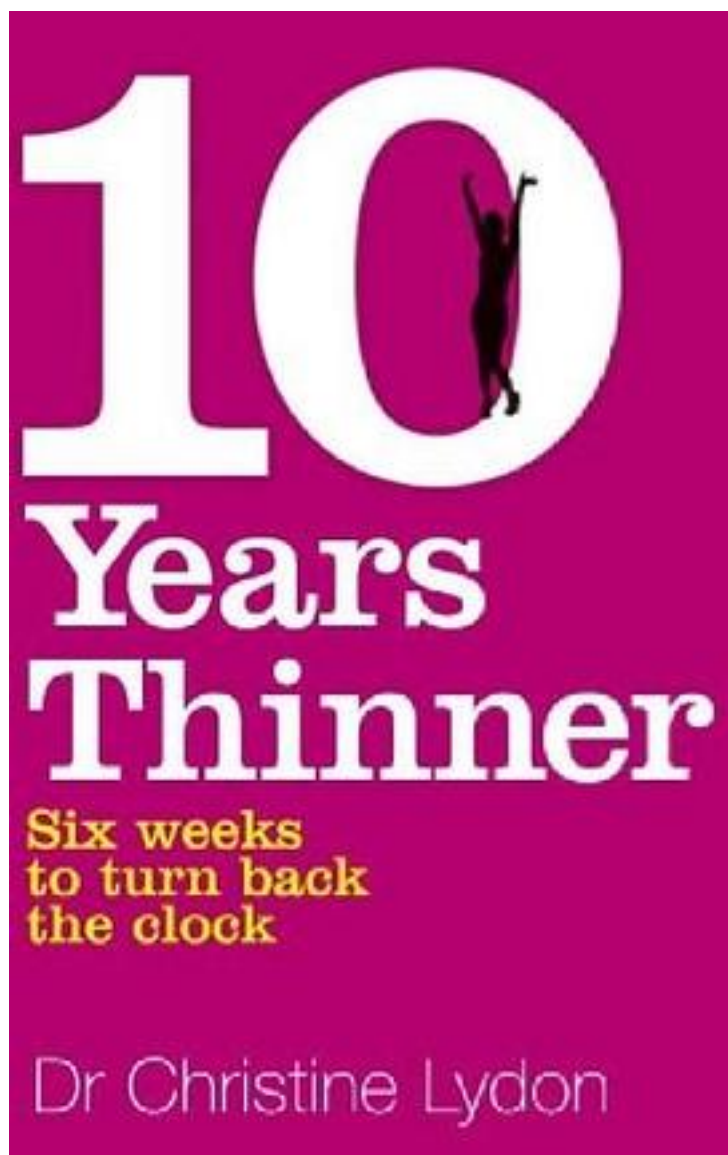


Ten Years Thinner



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This is a revolutionary weight-loss programme that will dramatically improve your physique in just six weeks. "TEN YEARS THINNER" explains how to turn the clock back and transform bodies into looking as fabulous as they did ten years ago. Based on sound science, TEN YEARS THINNER explains how the experts have had it wrong for decades. Through a combination of cutting edge research and anthropological data, Dr Christine Lydon proves that the reason why dieters find it tough to keep the weight off is because many of the fads focus on food depravation, neglecting the pivotal role exercise plays in maintaining a healthy figure and ignoring the lessons we should have learned from millions of years of human evolution. Dr Lydon has discovered that the best way to burn body fat is not through eliminating food groups and long, miserable sessions on the treadmill after all. Instead, for quick results that last, it is best to burn calories with brief bouts of high intensity activity and to work with your metabolism rather than against it. This is different from other diet books because rather than attempting to defy natural laws, this book harnesses them. It's not a fad or a quick-fix, but a sustainable, friendly lifestyle plan.

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