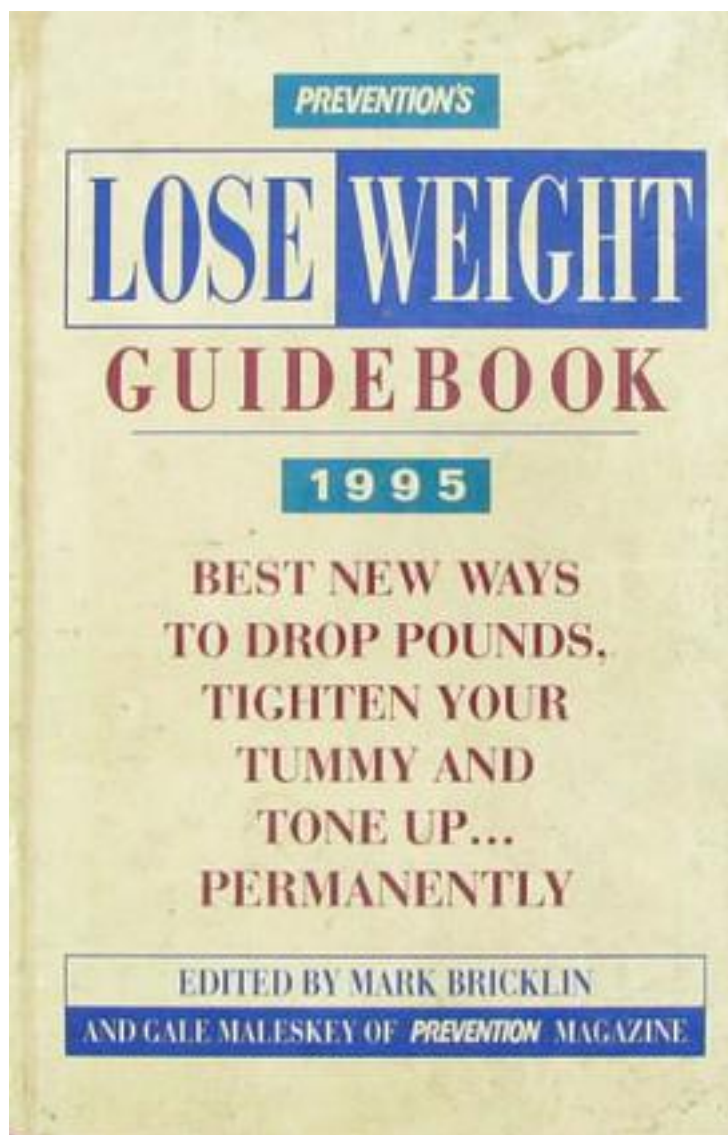


# Lose Weight Guidebook 1995



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Introduction  
Staying lean pays off big reï¼ell it comes to a longi¼  
hea/th~i¼ lifti¼.  
When we re 18 or 25 or even 35i¼ we have lots<br>of  
motivation to stay slim and trim. We want to<br>squeeze into our skin-tight jeansi¼  
get ogled at the<br>beachi¼ admire what we see when we look in the<br>mirror. In  
other wordsi¼ we want to look good to at-<br>tract mates. That s our biological  
imperativei¼ and<br>whether we like it or noti¼ in our societyi¼ for most<br>peoplei¼ sexual attraction is equated with physical at-<br>traction. And physical  
attraction is equated with<br>slimness. Some of us go to extremes to achieve<br>shapes society considers attractive.<br>~o what happens when we get olderi¼ get  
marriedi¼<br>get comfortable andi¼ hopefullyi¼ become more ac-<br>cepting of ourselves file way we are? For most peo-<br>plei¼ the motivation to  
lose weight drops offi¼ and the<br>pounds creep on. When we do dieti¼ tile  
weight we<br>lose always seems to find its way back.<br>That wouldn t be so bad if  
we could be fat and<br>happy--and healthy. But eventuallyi¼ those pounds<br>catch up with many of us. We all know that being<br>overweight contributes to the  
development of heart<br>diseasi¼ but researchers have discovered that  
people<br>who are overweight also have a higher-than-normal<br>risk of a long list  
of aihnents. Some--like diabetesi¼<br>xl<br>

作者介绍:

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