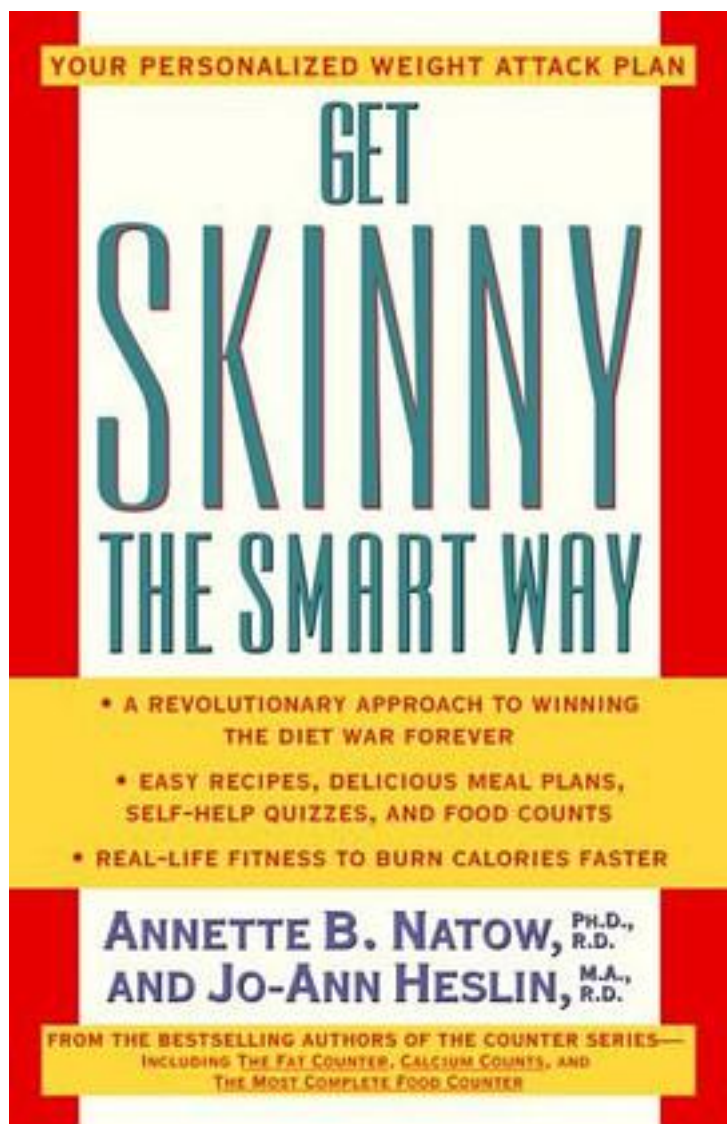


Get Skinny the Smart Way



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著者:Annette B. Natow

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From Library Journal The best-selling nutritionist-authors of The Fat Attack Plan parse the pitfalls of popular diets, offering instead a 28-day "Smart Start" plan that uses sensible eating (no forbidden foods) with realistic portion control, exercise, and strength training. Menus for meal plans of 1300-2000 calories per day are included. For all collections. Copyright 2002 Cahners Business Information, Inc. Book Description 97 MILLION AMERICANS ARE FAT! THE LESS FAT WE EAT, THE FATTER WE GET! NOW, TWO LEADING NUTRITIONISTS GIVE YOU A WAY TO WIN THE FAT WAR ONCE AND FOR ALL. Drawing from their research and years of experience, the authors of Get Skinny The Smart Way help you, step-by-step, to set up a weight loss plan full of strategies and secrets for facing food confidently in every situation. And unlike other diets, Get Skinny The Smart Way was created with your health in mind. Annette Natow and Jo-Ann Heslin, well-known for their bestselling Counter series, have turned their professional training and knowledge into an action-oriented, practical, simple-to-follow weight loss plan that ensures quick and lasting results. Find out why trendy diets can?t work for a lifetime Use the 28-day Smart Start phase to get a quick, substantial weight loss Use the Moving Along phase to ensure you reach your target weight Enjoy Smart Stuff boxes scattered throughout -- full of tips, research results, and practical ideas to reinforce weight loss Find dozens of easy, tasty, quick recipes Use monthly menus as is or personalized to your taste And, finally, get control of your emotional connection to food! See all Editorial Reviews

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