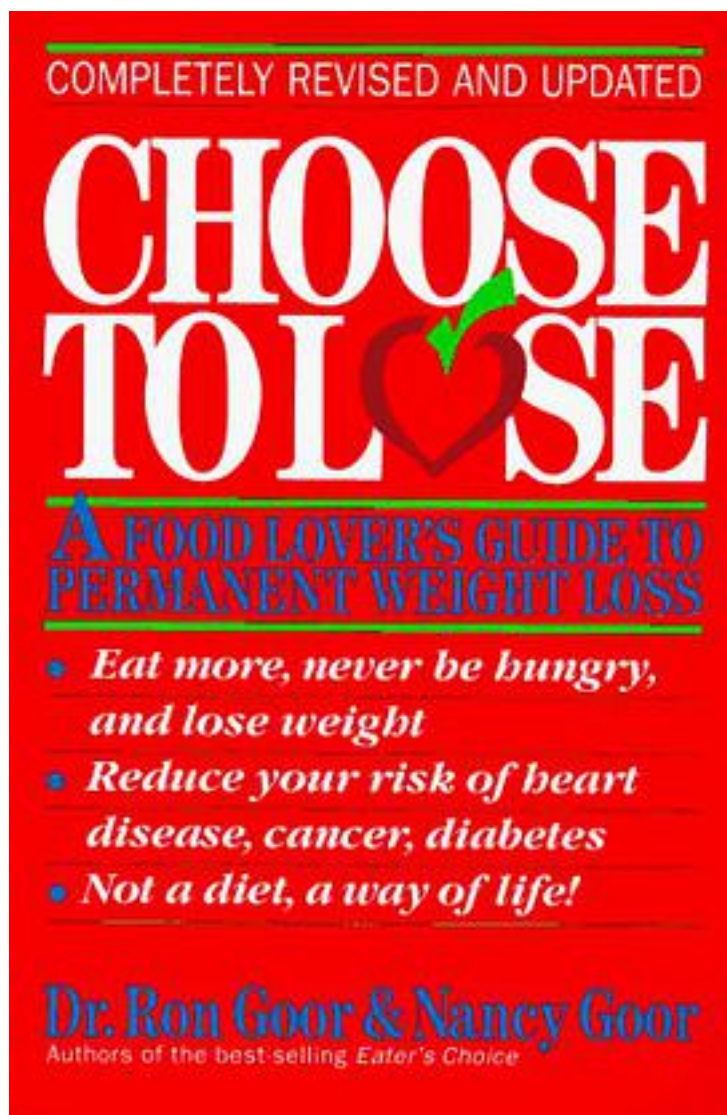


Choose to Lose



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著者:Nancy Goor,Ronald S. Goor

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Book Description Choose to Lose gives people the tools they need to take control of their diet and teaches them how to make choices that will keep them lean for life. People following Choose to Lose have lost up to 120 pounds and kept it off. Their cholesterol levels have plummeted, and many no longer need blood pressure or diabetes medication. Since Choose to Lose was first published, it has been praised as the only book on the market that offers a simple and effective method for losing weight. About the Author Nancy Goor is the writer of the team. Using humor and a light style, Nancy has created an understandable and encouraging text for both the books and the program. She also developed the more than 320 recipes in the books. These are recipes which the Goors, their family, and guests enjoy all the time. Her recipes, such as Cajun Chicken, Chili Non Carne, and Onion Flat Bread, prove resoundingly that low-fat cooking can be delicious, healthy, and can keep you lean forever. Nancy Goor received a B.A. from the University of Pennsylvania and an M.F.A. from Boston University. Dr. Goor, an expert on diet, cholesterol, and heart disease, served the National Heart, Lung, and Blood Institute (NHLBI), National Institutes of Health, as the National Coordinator of the Coronary Primary Prevention Trial, the landmark study that proved that lowering cholesterol reduces the incidence of heart attack. He subsequently became the first coordinator of the National Cholesterol Education Program in the Office of the Director of the NHLBI. His personal as well as professional involvement with cholesterol led him and his wife Nancy to write the best-selling book Eater's Choice. He and Nancy developed The Eater's Choice's Cholesterol Lowering Program, a small-group counseling program based on the book and offered in many hospital and worksite wellness programs and cardiac rehab centers around the country. Because so many people lost weight following Eater's Choice, the Goors wrote a book on weight loss, Choose to Lose, and subsequently developed the Choose to Lose Weight Loss/Healthy Eating Program based on the book. Dr. Goor received a B.A. from Swarthmore College and earned his Ph.D. at Harvard University and an M.P.H. degree at the Harvard School of Public Health.

作者介绍:

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