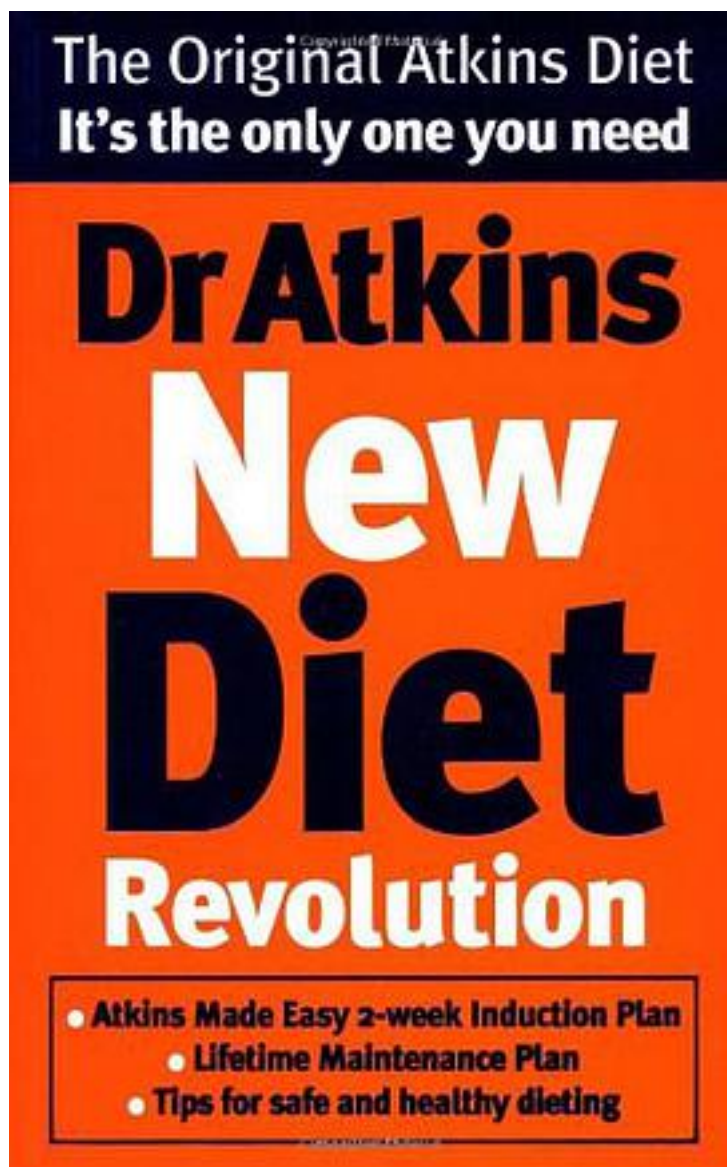


Dr Atkins New Diet Revolution



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In the eight years since the hardcover edition of this book was published, there have been several developments that just might help make the rest of your life a lot more pleasant. It wouldn't surprise me if your goal of being really slim is beginning to look like an impossible dream; and perhaps you are ready to give up trying. If so, you're not alone; the same thing has been happening to the majority of the population, and all in the last few years. There have always been a considerable number of overweight Americans; one in four were significantly so. For generations, that 25% represented a constant, predictable measure of our obesity problem. But ten years ago, an epidemic started and spread across America like a brushfire. Every year, some two million new cases developed. When last quantified, the decade's damage was officially measured to be an increase of 32% in the number of Americans

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