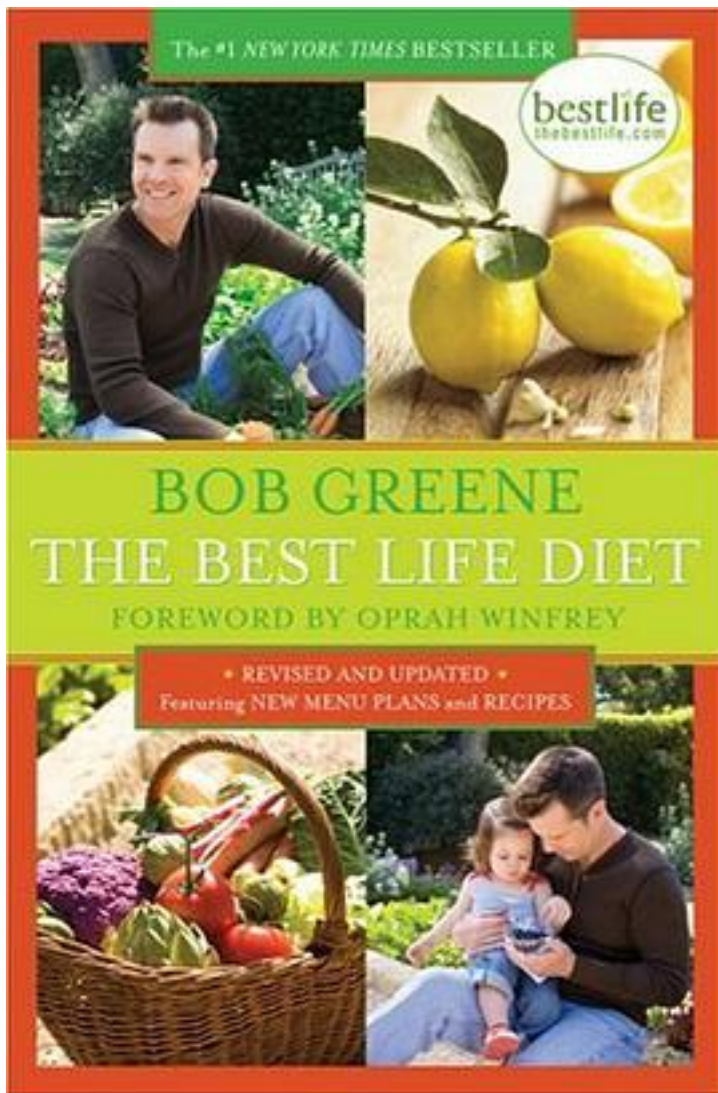


The Best Life Diet Revised and Updated



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From the bestselling author of Get With the Program! and Bob Greene's Total Body Makeover comes The Best Life Diet, a lifetime plan for losing weight and keeping it off. Bob Greene helped Oprah achieve her dramatic weight loss, and he can help you too. You'll eat the same delicious food that Oprah enjoys, and, just like Oprah, you'll have Bob to encourage you at every step. Unlike a celebrity, however, you don't need to hire a staff of experts to aid and advise you, because Bob's plan, easily tailored to an array of tastes, lifestyles, and activity levels, acts as your personal trainer and private nutritionist. Just open the book and let Bob help you get started down the path toward your best possible life. What sets Bob apart from all the other experts who claim to have plans that work is that he admits that weight loss is difficult: seventeen years of watching people struggle to lose weight on a seemingly endless string of trendy crash diets, only to backslide and regain the pounds they've shed, have taught him that dropping pounds is not simply a numbers game. By acknowledging that it is not simple laziness but a complicated web of social rituals, cultural expectations, and habits that drives people to gain weight, Greene is able to attack the problem of weight loss realistically and offer not a short-lived, quick-fix formula, but a long-term program that accounts for the challenges and constraints of the real world. Divided into three phases, The Best Life Diet gives you the tools you need to change your life. In each phase, you'll be asked to reexamine the decisions you make on a daily basis and gradually alter your habits to achieve lasting results. The book also includes easy-to-follow meal plans that make it simple to meet your daily energy and nutrient requirements, whether you are on the run and breakfast means a quick smoothie or you have time to shop for fresh produce and make something special. You'll watch the weight disappear as you learn to prepare festive and flavorful dishes like Fire-Roasted Tomato-Shrimp Veracruz, Chicken Sausage Jambalaya, or Flank Steak with Chimichurri Topping and indulge in desserts like Roasted Peaches with Ricotta and Almonds or Apple Rhubarb Walnut Crisp. And for each delicious recipe, there is a detailed nutritional analysis, so you know exactly what you are eating and how it fits into your personal eating plan. Most important, Bob's plan doesn't end once you've lost the weight. Instead, it gives you the tools you need to make living your best life second nature, because for Greene, a diet is not something you go "on" or "off" but a set of guidelines that will help you claim the life you deserve.

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