

# The James Coco Diet



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THE JAMES COCO DIET 18 a  
remarkable weight-loss program of  
nutritional education, menu plan-  
ning, and behavior modification  
that James Coco discovered at  
Structure House in Durham, North  
Carolina. He is the living proof of its  
effectiveness. Now, he shares his  
astounding diet discovery with you.

THE ONLY DIET

BOOK THAT TELLS YOU:

How to discover

the causes of overeating.

How to overcome the vicious cycle

of weight loss and weight gain.

How to restructure

your kitchen and your life.

How to think about food with a

new nutritional awareness.

How to properly shop

for, serve, and store food.

How to plan menus and prepare

true gourmet diet recipes.

作者介绍:

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