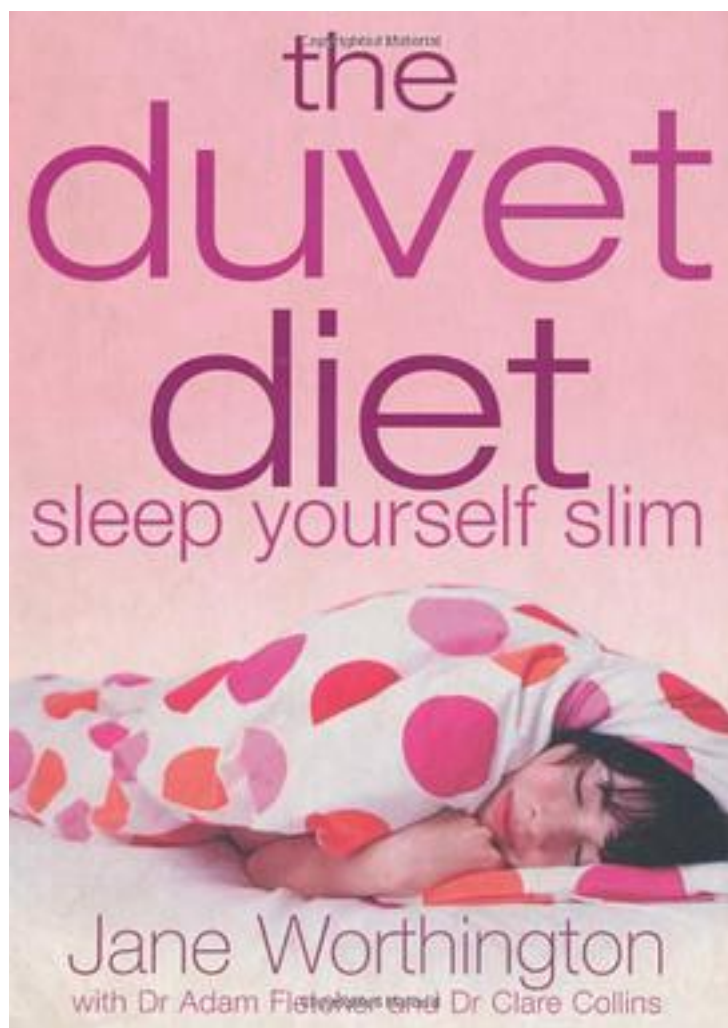


Duvet Diet



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著者:Worthington, Jane

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In this fascinating, practical book, Jane Worthington examines the relationship

between sleep and weight problems and offers helpful advice from leading obesity and sleep experts from around the world. She explains how poor sleep can disrupt our hormones and cause changes in our metabolism, leading to weight gain, and reveals what readers can do to improve their sleep, their diet and their waistline. The Duvet Diet, which was developed with a leading dietician, features a simple eating plan, delicious, easy-to-prepare recipes to help promote good sleep and crucial tips to help change bad habits. In addition to guidance on nutrition, the book includes advice on getting better sleep (and therefore improved weight loss). A leading sleep scientist advises readers on beating night stress, incorporating exercise into their life to promote better sleep, avoiding sleep-sabotaging chemicals and much more. With "The Duvet Diet" you really will be able to sleep yourself slim!

作者介绍:

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