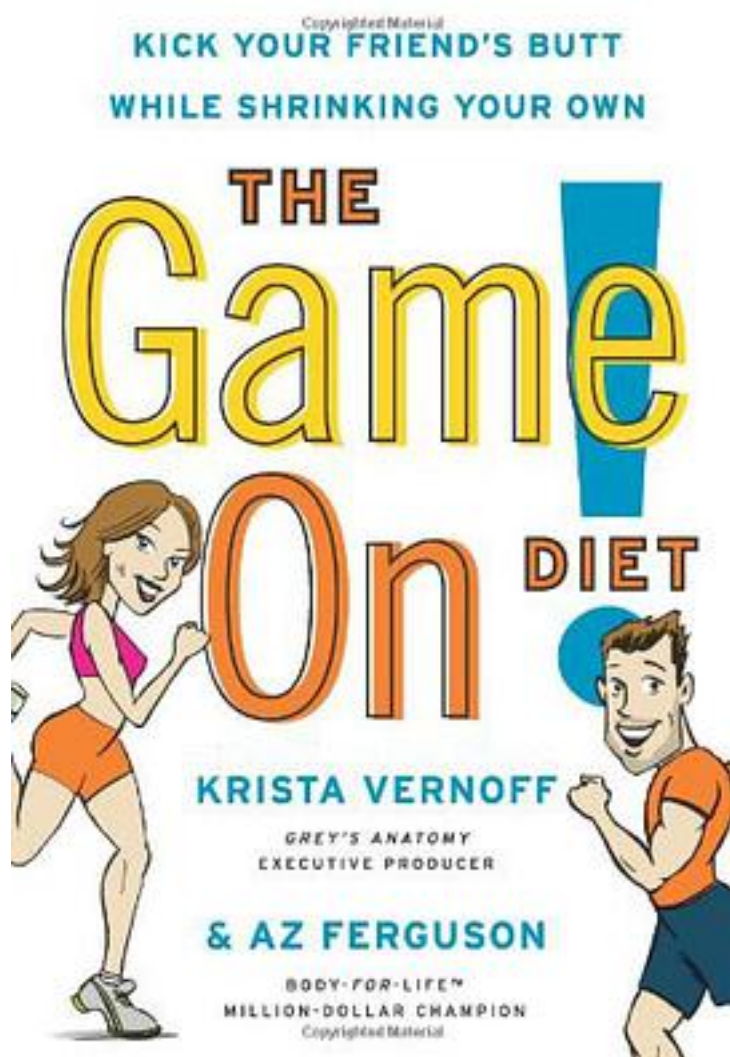


The Game On! Diet



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著者:Ferguson, Aaron/Vernoff, Krista

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The Game On! Diet is not a diet. It's a bold new approach to fitness that turns the latest, smartest, most successful health science into a fun, fierce, and exhilarating game. Developed by Az Ferguson, to help Grey's Anatomy writer Krista Vernoff shed forty pounds of postpregnancy weight, it is the ideal program for busy people who should be working out but have a thousand good excuses not to. Az keeps you motivated and Krista keeps you laughing as they show you how to organize opposing teams, set goals, and compete to earn points for daily exercise, healthy meal plans, and positive lifestyle changes. With The Game On! Diet, the process of losing weight, for the first time ever, is actually fun. After all, what's better than a bikini body . . . and bragging rights? Get out there and lose . . . to win! Game on!

作者介绍:

目录:

[The Game On! Diet 下载链接1](#)

标签

非小说

英文原版

评论

很喜欢的一本减肥书，方法什么的无所谓了，关键是那满满的正能量啊~减肥是为了更好的爱自己~

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书评

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