

The Cheat to Lose Diet



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Burn Fat Faster with your favorite foods

Author, fitness expert, and Body-for-Life champion Joel Marion often found himself doing exactly what we all do when a diet simply isn't working: quitting. But through a series of diet "screwups," Joel discovered a startling truth: cheating on your diet can actually accelerate fat loss. Here, finally, is a diet that works with your body to help you lose fat faster than restrictive dieting ever could. The Cheat to Lose Diet includes a simple weekly plan in which more carbohydrates are deliberately added with each passing day, leading up to the "Cheat Day," when you'll cheat BIG with all your favorite foods. Never again will you feel guilty for indulging in the foods you love, because you'll learn that dietary cheating is absolutely vital to your success.

This innovative new diet plan has already helped dieters around the world lose weight and keep it off—so start cheating and losing today!

"Based on cutting-edge medical research, The Cheat to Lose Diet reveals the hormonal connection between strategic cheating and fat loss that will change the way you diet forever."

- Muscle Magazine International

作者介绍:

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