

# The Power of the Bite



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著者:Nierenberg, Michael A

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Did you know that by cutting out just 120 calories a day you will lose approximately twenty-five pounds in less than two years? "The Power of the Bite: Impressive Weight Loss, One Bite at a Time," provides a simple, guilt-free way for you to easily lose unwanted pounds. If you are one of the 1.2 billion people in the world who struggle with weight issues, physician and author Michael Nierenberg is ready to help you by sharing his thirty years of experience working with patients. Deeply committed to solving the obesity crisis, Dr. Nierenberg offers practical suggestions that will lead you to successful weight loss. He will teach you why: Diets don't work Every bite counts, since big weight loss occurs an ounce at a time There's an important difference between heart-healthy food and weight control You need to realize hunger is your friend Exercising can be easy If you are prepared to manage your weight subliminally without weighing food, buying special meals or supplements, attending meetings, or following rigid dietary rules, then you are ready to believe in "the power of the bite"--eliminating just 120 calories a day will change your life

作者介绍:

目录:

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