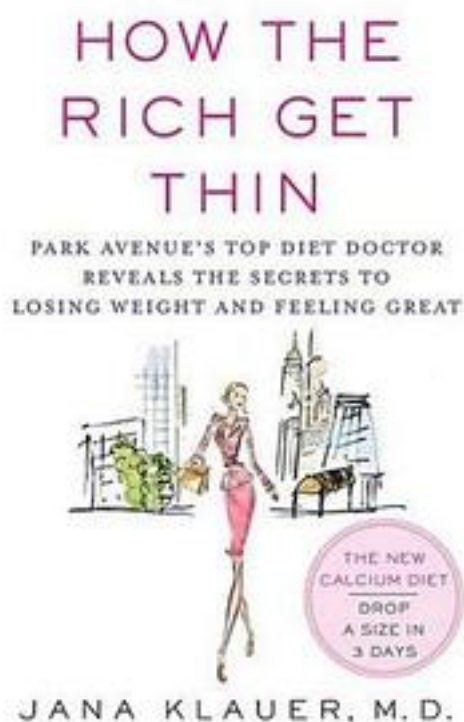


How the Rich Get Thin



[How the Rich Get Thin_下载链接1](#)

著者:Klauer, Jana

出版者:

出版时间:2007-12

装帧:

isbn:9780755316182

New York's top weight-control doctor finally reveals the secrets to the enviably lean bodies leaving her Park Avenue offices. Based on science and proved by the success of client after client, Dr Jana Klauer's diet is the key to how successful, rich and busy modern men and women get weight off and keep it off. How the Rich Get Thin features wonderful recipes, including the low-cal desert Le Socia-Lite. Begin with Dr Klauer's Non-negotiables - including 'Say yes to complex carbohydrates' and 'Get lots of calcium from dairy products' - and add a simple mind-set change to control those

cravings, and watch yourself lose that weight!

作者介绍:

目录:

[How the Rich Get Thin_ 下载链接1](#)

标签

评论

[How the Rich Get Thin_ 下载链接1](#)

书评

[How the Rich Get Thin_ 下载链接1](#)