



The Dorm Room Diet: The 8-Step Program for Creating a Healthy Lifestyle Plan That Really Works (Paperback)

By Daphne Oz

Newmarket Press,U.S., United States, 2006. Paperback. Condition: New. Language: English. Brand new Book. Introducing a fresh new voice and a simple 8-step program specifically created for college students by a college studenta complete lifestyle guide to eating well and staying fit.Like many girls, Daphne Oz struggled with her weight as a teenager and couldn't stick with the extreme restrictions of fad diets. She was able to seize control over her health and her weight only when she recognized the golden opportunity offered by the major transition to college life. With the help of her father and grandfather, both cardiac surgeons, and her grandmother, a homeopathic practitioner, she developed the eating and exercise habits that would help her lose 10 pounds in her first semester. So much for the proverbial Freshman 15! All her friends wanted to know how she did it. Now they, and thousands of others, can.Daphne's 8-step program shows college students how to stop eating out of emotional need and examine when, where, and especially what they should eat to keep their minds in focus and their bodies in shape. With warmth and humor, she coaches readers on managing time, storing food, and respecting budgets; helps them navigate...



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