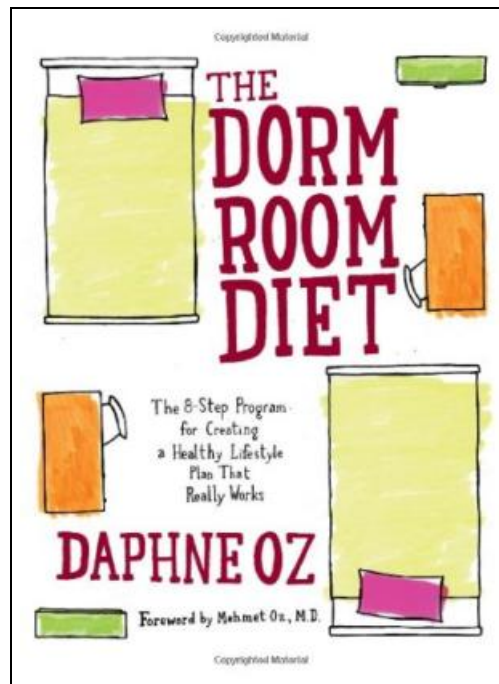


## The Dorm Room Diet: The 8-Step Program for Creating a Healthy Lifestyle Plan That Really Works (Paperback)



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### **Reviews**

*It is an awesome book that we have possibly go through. It is actually writter in straightforward words and phrases and not confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.*

*(Tierra Kunde)*

## THE DORM ROOM DIET: THE 8-STEP PROGRAM FOR CREATING A HEALTHY LIFESTYLE PLAN THAT REALLY WORKS (PAPERBACK)



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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 the most common danger zones at school for unhealthy eating; and shows them how to get the exercise they need, even in a tiny dorm room. She also offers invaluable tips on vitamins and supplements, and simple, effective ways to relax and rejuvenate right on campus, so students can stay mentally as well as physically fit.The Dorm Room Diet is a winning combination of the author's personal story and practical strategies that empower young women to use their newfound independence to create a healthy lifestyle while in collegeand for life.Daphne Oz's 8-step program for looking good, feeling great, and keeping...



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