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The Dubrow Diet, co-authored by Heather and Terry Dubrow, MD, FACS, features all of the information you'll ever need to know about intermittent fasting. The book offers plenty of motivation to kick off a new style of eating that can seriously help you shed pounds.

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The Keto Diet: The Complete Guide to a High-Fat Diet, with More Than 125 Delectable Recipes and 5 Meal Plans to Shed Weight, Heal Your Body, and Regain Confidence Leanne Vogel 4.5 out of 5 stars 2,133

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Ten weight loss books that will provide you with useful weight loss tips to help you lose weight.

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