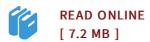




The End of Dieting: Fat Loss Forever

By Donna Aston

Bolinda Audio, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Looking to go to diet rehab? Need to understand what makes you tick? Want to know why fad dieting simply fuels the obesity epidemic? Look no further, the answers are here! From demystifying metabolism and nutrition, to dispelling the many myths and misconceptions about diet and fat loss, The End of Dieting is the advice we ve all been waiting for. Following on from the success of her breakthrough bestselling book, Fat or Fiction, The End of Dieting by Donna Aston reveals the three keys to changing your body composition forever. Providing a range of practical and achievable steps to relinquish lifelong habits and transform your own body, The End of Dieting demystifies the essential science behind smart fat-loss, nutrition and exercise. Letting loose on today s big fat misconceptions, The End of Dieting exposes the truth behind calories, carbs, sugar and fructose, along with the lighter yet fatter body results we re achieving through extreme diet regimes and the supermarket aisle favourites that remain the great pretenders contributing to our expanding waistlines. From toddlers to teens, through to twenties, thirties, forties and beyond, The End of Dieting...



Reviews

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