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Super Shred

By Ian K. Smith

St Martin's Press. Hardback. Book Condition: new. BRAND NEW, Super Shred, Ian K. Smith, Super Shred is a more intense, concentrated, shorter program that shares the system and principles of the No. 1 bestseller Shred. At four weeks, it's almost half the length of Shred and twice the intensity. There's always a customer looking for a diet who not only wants but must have faster, more dramatic results right away. All the same building blocks that have made Shred work for dieters are here: diet confusion, meal replacement, frequent meals and snacks throughout the day to keep metabolism stoked and to keep dieters from feeling hungry or deprived. Super Shred is "destination dieting" at its best, a plan specifically designed for the impatient or the short-term goal-oriented who may need to get as lean as possible as fast as possible for a date, an event, or a spring vacation. It's also for those who have had success on Shred (or any other diet) but who need a quick refresher weight loss course, or to go faster, for a four week cycle. It can be used on its own or in conjunction with Shred. Dr. Ian's Shred absolutes: a diet shouldn't...



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