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The Hot Tub Diet: Get Out of the Gym, Into the Hot Tub, and Lose Weight

By Bridget Praytor

Createspace, United States, 2012. Paperback. Book Condition: New. 200 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.For Bridget Praytor, every woman's magazine on the supermarket checkout line rack and every weight loss book on the Internet promised magic: a perfect body in a month, if she just followed this week's fad diet. But how long could someone eat only grapefruit, only beef, or only cabbage soup? At the drugstore, boxes of magic pills promised Lose 10 Pounds in a Week! in a huge font that nearly-but not quite-distracted her from the tiny may cause death or permanent health problems warning. The gym promised her health and happiness-so why after torturing herself on the treadmill two hours every day, did she feel fat and miserable? Then, after spending most of her adulthood giving in to the seductive call of convenience-store powdered donuts (small, cute, and six to a cellophane package), drinking twelve-packs of diet soda to try to fill herself up, taking diet pills, buying every kind of magic protein shake imaginable, running in a marathon without training for it, training three hours a day for an Ironman just to try to lose...



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Reviews

Most of these publication is the perfect ebook accessible. It is amongst the most awesome publication i have got read through. You wont truly feel monotony at whenever you want of the time (that's what catalogs are for regarding in the event you request me).

-- Prof. Edgar Kshlerin

It is easy in study safer to comprehend. It can be writter in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

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