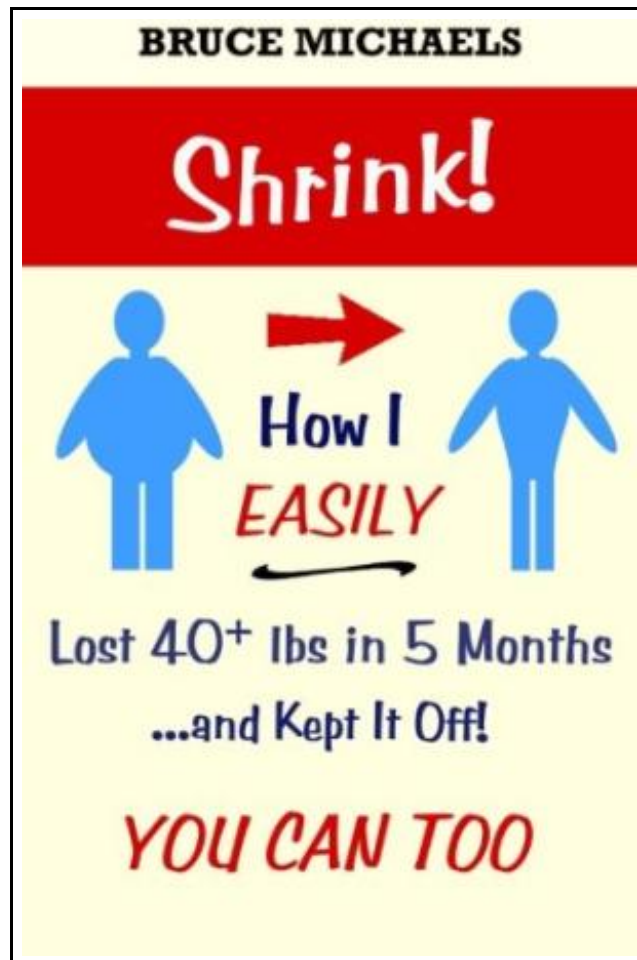


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Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Well, here you are, searching for a book on how to lose weight. The number of such books is staggering; this is just one in a vast ocean. Some of the others are written by doctors, some by nutritionists, others by fitness gurus. You may even have read one or more of them. If you have, why are you looking for another? Didn't it work? Was it too hard to put into practice, too hard to maintain? Were you always hungry? Grouchy? If you did lose weight, did it return? Since you are here, one must conclude you're searching for something that works. Why should SHRINK! offer more success than any of the others? SHRINK!'s author, Bruce Michaels is not a healthcare practitioner, research scientist or fitness buff. Instead, he's an average, reasonably intelligent American man who joined the millions of baby-boomers struggling to control their ever-increasing girth. At its peak, his weight had increased by nearly 38 from his early 20s! Difficult-to-adhere-to diets and diets combined with exercise provided him with limited success. Worse, any success was short-lived, and was followed by the all-too-familiar phenomenon of gaining it all back. Then he discovered some information that led him to call a long-time close friend, one who also happened to be a family practice physician. Guided by his doctor friend, Michaels was led to additional information in print and online which finally gave him a non-healthcare professional's understanding of how the body burns fuel and stores fat. Armed with this information, he put in place new eating rules. These new rules resulted in three profound results: 1) The extra pounds shed his body...



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