



Bodyfueling: Stop Watching Your Weight Start Fueling Your Life

By Robyn Landis

iUniverse. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 8.9in. x 5.9in. x 0.8in. Most Americans don't know how to fuel their bodies for high performance - or even to meet their basic needs. Many think they know because the news or fashion media toss them an occasional piece of information. You manipulate and regiment your diet, but you do not simply eat with confident knowledge about exactly what your body needs, and when, and why. BodyFueling changes that with user-friendly education about eating and fitness that translates basic science into everyday terms, and deprograms diet thinking - the prevailing body of unhealthy attitudes and beliefs about food and fitness. BodyFueling offers a clear-headed and refreshing look beyond thoughtless diet platitudes, assumptions, and trying to fix your body - and a provocative, positive perspective on investing in your health and future. Eating to fuel your life, you'll enjoy more productivity, stamina, energy, vitality and leanness - and, most importantly, freedom from concern about fat, weight, and food. Eating will become joyful, healthful and satisfying. You'll be a powerfully informed consumer, not a sound-bite victim or a target for fads and fallacies. You won't have to change your eating - you'll want...



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