Don t Diet



At last a book to help you understand why you eat, what you eat, when you eat and how much!

By Fran Hornsby

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Reviews

This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book. (Miss Vernie Schimmel)

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AUTHORHOUSE, United States, 2008. Paperback. Book Condition: New. 228 x 154 mm. Language: English. Brand New Book. We are a nation of a million and one diets yet a population of increasing obesity. Diets do not work! The food is on the table, what do you take to it? Food is JUST food, but what do you make of it? This is all about you, your weight, your food choices your portion sizes and how often you eat. To lose weight and keep it off you must really understand who you are around food. There is so much more to losing weight than eating less and the greater the knowledge you have the more choices you can make that will benefit you. This book offers you the chance to understand all the complexities you have around food and weight, take time to read, understand and absorb the journey it offers and for the first time in your life release yourself of the struggle you have with food and your weight.



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