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Diets Make You Fat: Eating Makes You Skinny

By Dr. Rafael Bolio

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 221 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you ever dreamed of a weight loss program where you can eat as much as you want of all those things that you crave and still lose excess body fat? This dream program is now yours. No magical remedies are promised. There are no miraculous pills or special dishes. You will be working with the food that is already on your table, but with a new perspective based on solid scientific evidence. You will lose fat because of what you eat and not because of what you limit. You will discover through personal experience that there is no need to reduce calories or limit any food group to eliminate excess body fat. You will learn how easy it is to prepare a nutritious, healthy and filling menu while adding ANYTHING that you crave. Even more important, you will learn to think, feel and act in a different way around food. The book is divided into four parts. The first part explains why traditional diets are useless for long term weight loss, and how they may even worsen...



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