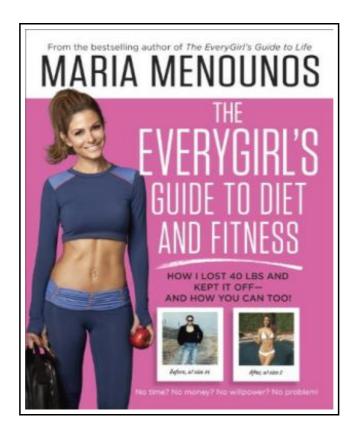
The Everygirl Diet: How I Learned to Eat Right, Dropped 40 Pounds, and Took Control of My Life - and How You Can Too



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(Prof. Alvis Wuckert)

THE EVERYGIRL DIET: HOW I LEARNED TO EAT RIGHT, DROPPED 40 POUNDS, AND TOOK CONTROL OF MY LIFE - AND HOW YOU CAN TOO



Zink Ink. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 9.1in. x 7.3in. x 1.0in.NEW YORK TIMES BESTSELLERFrom Maria Menounos, self-proclaimed EveryGirl and host of Extra, comes a lasting weightloss program based on the Mediterranean diet of her childhood that will encourage women to think smarter, simpler, healthiera personal mantra that helped the star lose (and keep off!) forty pounds. TV host and journalist Maria Menounos was once more than forty pounds overweight, low on energy, and often sick. Desperate for a change, she tried a wide array of diet and exercise fadswith zero success. Like most EveryGirl out there, Maria lacked the time, money, energy, and willpower to get in shape. Determined to overcome those obstacles, Maria spent a year developing commonsense diet, exercise, and lifestyle techniques that transcended traditional nutrition and weight-loss plans. As a result, she lost the extra pounds, regained her energy and healthand saw her career take off. Now, applying those techniques and bolstered by the wisdom, insight, and secrets of some of the worlds leading health and fitness expertsas well as the glamorous, superfit superstars she interviews regularlyMaria has created the ultimate no-time, no-money, no-willpower guide to losing weight, getting fit, and gaining long-term health and success: The EveryGirls Guide to Diet and Fitness. Inside, youll discover all of Marias secrets: her 9-step plan for losing weight fast her lifelong plan for health and well-being a complete blueprint for rebuilding your physical and emotional foundation healthy, delicious, and easy-toprepare recipes the quickest, easiest, most effective workouts (no gym or trainer required!) 1, 000 tips, tricks, and techniques for losing weight, getting fit, and staying that way how to do it all when time and money are in short supply The EveryGirls Guide to Diet and Fitness is simply the most complete, effective, and convenient...

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