



12 Changes a Year: The Recipe Book to the Number Crunch Diet - Begin Today and Forever Be in Control of the Numbers You re Eating

By Jumper Publications and Media

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The problem with watching a cooking video is, it s too passive. And how many of us actually pick up a pen and paper and take down notes. Or if we do, then when we refer back to those notes, we can t Get A Visual of it, exactly. So we buy the DVD. But when the DVD arrives, we re busy so we put it on the table with the other DVDs that we bought, next to the books-to-be-read stack of books. This was totally me at one time. Unless you re retired, you ll look back at those stack of DVDs and books ten years from now and say, I can t believe ten years has gone by since I bought that cooking DVD. For this reason, reading a book recipe is just better. You get more into it, i.e., you begin to picture yourself doing it. As you read the words, your mind takes over and starts doing it in your head. You re halfway there already. Now, just follow through, and...



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