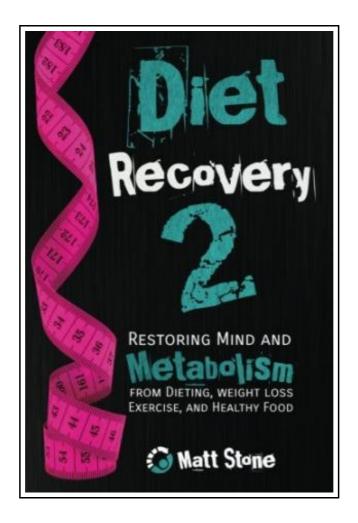
Diet Recovery 2



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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.

(Kade Ankunding)

DIET RECOVERY 2



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Createspace, United States, 2013. Paperback. Book Condition: New. 230 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Diet Recovery 2: Restoring Mind and Metabolism from Dieting, Weight Loss, Exercise, and Healthy Food is the ultimate guide to breaking free from the empty hunt for the perfect diet and the counterproductive pursuit of losing weight. It s true, whether you are cutting carbs, or fats, or eating a vegetarian diet, or going Paleo, or eating a truckload of fiber - or even reducing your calorie intake. All of it has been proven ineffective in every weight loss study ever conducted. No matter what form of dietary restriction you impose upon yourself, your likelihood of not only regaining any weight lost in the initial 6-month diet honeymoon period, but actually ending up fatter than when you started, is a virtual guarantee. Those that do manage to succeed with intentional weight reduction or harsh dietary restrictions are the people who often do the most damage! Dieting at a young age is not just a prominent risk factor for the development of obesity, diabetes, and heart disease. It s a huge risk factor for developing an eating disorder as well- the most common psychological disease that shaves 25 years off of one s life expectancy. Needless to say, if you are already viewing a page about a book entitled Diet Recovery 2, you probably already know this and are looking to break free from repetitive dieting cycles and the obsessive habit of micromanaging the details of your diet-of-themonth. And that s what Diet Recovery 2 is meant to help you accomplish, once and for all. Don t you miss just being able to eat and not think about it? Be able to go out with friends or home...



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