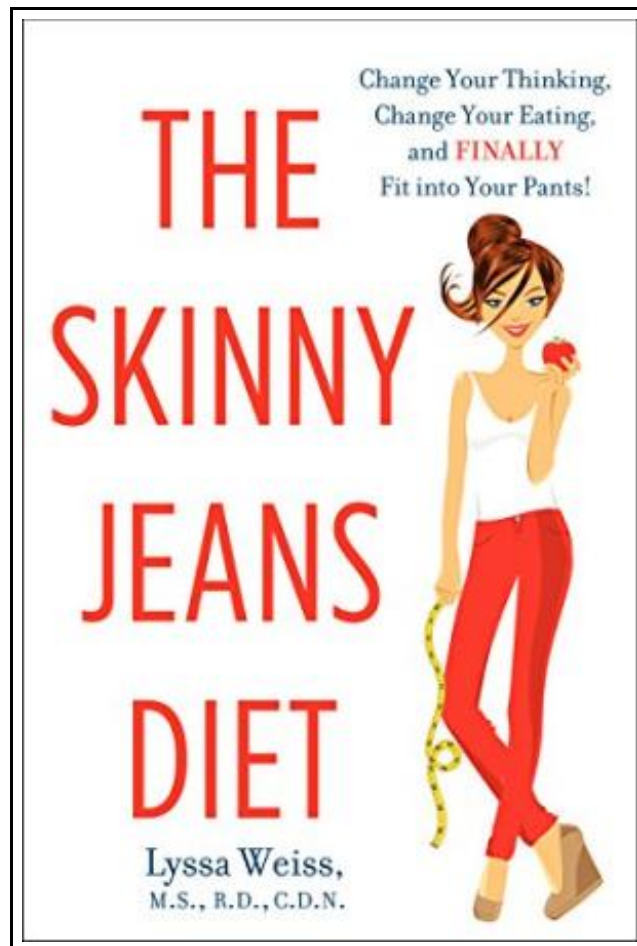


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HarperCollins Publishers Inc, United States, 2015. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. Every year, millions of people lose hundreds of millions of pounds on diets that focus on counting calories and grams of carbohydrates and fat. But 97 per cent of these dieters ultimately fail to keep the weight off-and it's because few of these people actually change their thinking about food. the Skinny Jeans Diet was created to not only help you lose weight, but to also change your mind. Registered dietician Lyssa Weiss - once an overweight young woman herself - has become a cult figure in tony Westchester County, New York, among suburban women with busy lives and families looking for someone to help them solve problems with their eating habits and to help them lose weight - whether it's those five or ten pounds that just won't go away or a much more substantial weight loss. Whatever their individual goal, women are passing her diet from hand to hand and spreading word like wildfire. A revolutionary approach to weight loss, The Skinny Jeans Diet teaches you that what you put in your mouth is secondary to what you put in your head. This incredibly effective program shows you how to live thin forever - with a detox diet, eating plan, sample menus, and twenty-five delicious and super-simple recipes. It's a brand-new script for living and thriving in the world of food, built around the most important variable needed for long-term success at weight control: you.



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