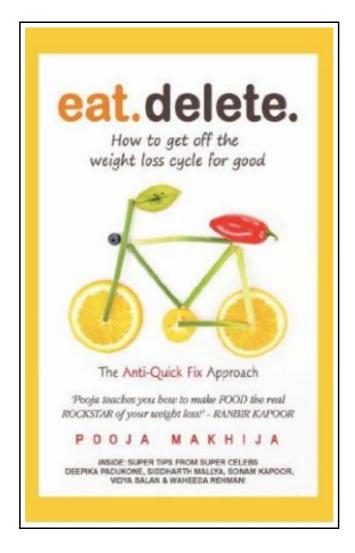
# Eat. Delete.: How to get off the Weight Loss Cycle for Good



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# Reviews

A really wonderful book with lucid and perfect reasons. This can be for all who statte there was not a worth reading through. You are going to like how the author write this book.

(Dr. Grady Jacobi DDS)

## EAT. DELETE.: HOW TO GET OFF THE WEIGHT LOSS CYCLE FOR GOOD



HarperCollins Publishers India Ltd., Noida, India, 2012. Paper back. Book Condition: New. Lose. Gain. Trying to lose weight? Running around in circles where you Lose. Gain. No wonder it?s difficult to stay in shape. Because circles go on and on. Lose. Gain. Lose. But what if weight gain is just a symptom? A symptom not only of how we eat food, but how we treat food? A symptom not only of how we cook food, but how we look at food? What if losing weight doesn?t begin with what?s on your plate but with what?s on your mind? Mind. For the first time in India, a leading nutritionist has worked with psychologists to give you a combined mind?body weight loss solution. Figure out not just what to eat, but also why you eat the way you do. Tackle the problem at the source. So that you can Lose. Until you don?t need to lose any more. Pooja Makhija reminds us that food is not something to be feared, worshiped or abused. Her scientific approach puts food at the centre of weight loss, so that you can EAT your way to a thinner you. So that you can Eat. Eat. Eat. Eat....



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