



Slim Calm Sexy Diet: 365 Proven Food Strategies for Mind/Body Bliss

By Glassman, Keri; Mahoney, Sarah

Rodale Books, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Keri Glassman has found a way to make eating for weight loss feel like a reward, not a punishment. Her nutrient-packed eating plans melt off the pounds while promoting beautiful skin and hair from the inside out. Best of all, she knows that smart indulgences guarantee success because you never feel deprived. Slim Calm Sexy Diet is a revolutionary route to your sexiest most confident self." Michele Promaulayko, Editor-in-Chief, Women's Health "Keri Glassman has taken the approach to eating well to an entirely new level by changing the way we think about food. She goes beyond what we are eating and examines the psyche behind why we overeat and have cravings. She then teaches us how to approach our diet in a mindful way and provides the tools we need to have a calmer, slimmer, sexier life." Keri Peterson, M.D., Women's Health contributor, Internal Medicine, Lenox Hill Hospital, NYC "From a girl who loves to overindulge, this book saves my tush (literally!). It's a simple guide to eating well that works!" Kit Hoover, co-host of Access Hollywood & Access Hollywood Live "Keri Glassman...



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