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THE SCIENCE OF SKINNY: START UNDERSTANDING YOUR BODY'S CHEMISTRY - AND STOP DIETING FOREVER



The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, The Science of Skinny: Start Understanding Your Body's Chemistry - and Stop Dieting Forever, Dee McCaffrey, With scientific research, her own chemistry background, and the traditional diets of our not-so-distant ancestors as her guide, Dee McCaffrey casts new light on an age-old wisdom: Eating foods in their closest-to-natural form is the true path to sustained weight loss and, in fact, the remedy for almost any health problem. We are so...

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- Authored by Dee McCaffrey
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