



## The 18 Solution: Lose 18 Percent of Your Weight in 18 Weeks

By Harry Weisman

iUniverse. Paperback. Book Condition: New. Paperback. 142 pages. Dimensions: 8.8in. x 5.9in. x 0.3in. Have you ever struggled to lose weight? Are you a binge-eater? The innovative diet guide *The 18 Solution: Lose 18 Percent of Your Weight in 18 Weeks* shows how those who have struggled unsuccessfully with diets can now control their weight and build self-esteem while binging on healthy foods like fruits and vegetables. Author Harry Weisman, M.D., never intended to become a diet doctor. But like many middle-aged men, he became terribly overweight. He felt that his weight undermined his authority with his patients—many of whom he told to lose weight to help manage their conditions. It was obvious to him that something had to change. Dr. Weisman developed a diet, detailed in *The 18 Solution*, to help himself and his many diabetic patients gain control over their weight, their health, and their lives. By following these clearly outlined steps, you too can lose weight and manage your diabetes, hypertension and cholesterol, allowing you to decrease the amount of medication you take and feel noticeably more energized. Hundreds of Dr. Weisman's patients have lost hundreds of pounds using his diet plan as a guideline. Let...



**READ ONLINE**  
[ 3.46 MB ]

### Reviews

*This composed book is excellent. it was actually writtern very perfectly and valuable. I found out this book from my i and dad advised this book to learn.*

-- **Maymie O'Kon**

*Here is the finest ebook i have got read until now. It really is simplistic but excitement within the 50 percent in the book. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Lupe Connelly**

## Other Kindle Books



### **Too Old for Motor Racing: A Short Story in Case I Didn't Live Long Enough to Finish Writing a Longer One**

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...



### **The Day I Forgot to Pray**

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in. Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she makes her first school-aged friend, Elizabeth, and...



### **Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large**

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



### **DK Readers Animal Hospital Level 2 Beginning to Read Alone**

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in. This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured duck to the vet, it is just...



### **DK Readers Day at Greenhill Farm Level 1 Beginning to Read**

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...



### **Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values**

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in. Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...