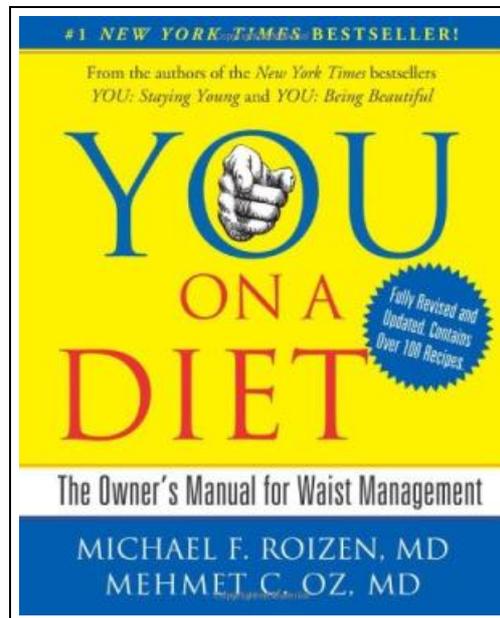


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Reviews

Complete information for publication fans. Better then never, though i am quite late in start reading this one. Its been written in an extremely straightforward way in fact it is just soon after i finished reading this ebook in which basically altered me, change the way i believe.

(Ellie Stark)

YOU: ON A DIET REVISED EDITION: THE OWNER S MANUAL FOR WAIST MANAGEMENT (HARDBACK)

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SIMON SCHUSTER, United States, 2009. Hardback. Condition: New. Revised, Updated ed.. Language: English . Brand New Book. As they did with the revised edition of **YOU: The Owner s Manual**, Dr. Roizen and Dr. Oz have updated their classic, international bestseller on diet. This nearly three million copy seller is filled with new information on emotional eating, the latest fad diets, maintaining a healthy lifestyle, and over a hundred recipes. For the first time in our history, scientists are uncovering astounding medical evidence about dieting--and why so many of us struggle with our weight and the size of our waists. Now researchers are unraveling biological secrets about such things as why you crave chocolate or gorge at buffets or store so much fat. Michael Roizen and Mehmet Oz, America s most trusted doctor team and authors of the bestselling **YOU** series, are now translating this cutting-edge information to help you shave inches off your waist. They re going to do it by giving you the best weapon against fat: knowledge. By understanding how your body s fat-storing and fat-burning systems work, you re going to learn how to crack the code on true and lifelong waist management. Roizen and Oz will invigorate you with equal parts information, motivation, and change-your-life action to show you how your brain, stomach, hormones, muscles, heart, genetics, and stress levels all interact biologically to determine if your body is the size of a baseball bat or of a baseball stadium. In **YOU: On a Diet**, Roizen and Oz will redefine what a healthy figure is, then take you through an under-the-skin tour of the organs that influence your body s size and its health. You ll even be convinced that the key number to fixate on is not your weight, but your waist size, which...



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