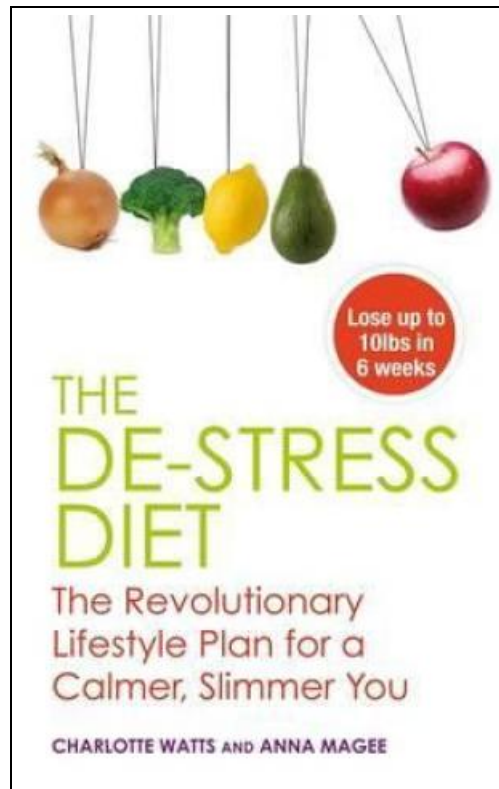


The De-Stress Diet: The Revolutionary Lifestyle for a Calmer, Slimmer You



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Reviews

This book might be worth a read, and superior to other. Of course, it really is engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Prof. Valentin Hane MD)

THE DE-STRESS DIET: THE REVOLUTIONARY LIFESTYLE FOR A CALMER, SLIMMER YOU



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Hay House, 2012. Paperback. Condition: New. 1. It's official: being relaxed and happy can help you lose weight and feel great. Slim and calm. They're two of the most sought-after results people want from a new lifestyle programme, yet what they often get is irritability, increased hunger and weight that refuses to stay off. Until now. The De-Stress Diet is a new revolution in eating, exercise and relaxation. By turning the powerful ? now well-proven ? connection between chronic stress and weight gain to your advantage, it will show you how to eat, breathe and move your way to a better body and a calmer mind for life. It will: help you release excess weight and free yourself from the physical and mental effects of stress without counting calories, starving or over-exercising. bring you the new science of smart, not hard, fitness that energises and calms the body while effectively sculpting it ? without exhaustion introduce you to high-nutrition, low-stress preparation and cooking strategies that will make healthy eating fit with your life, your family and your diary. 'Easy to read, powerful information for both your health and your weight.' Dr Marilyn Glenville PhD, leading UK nutritionist specialising in women's health. Paperback.



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