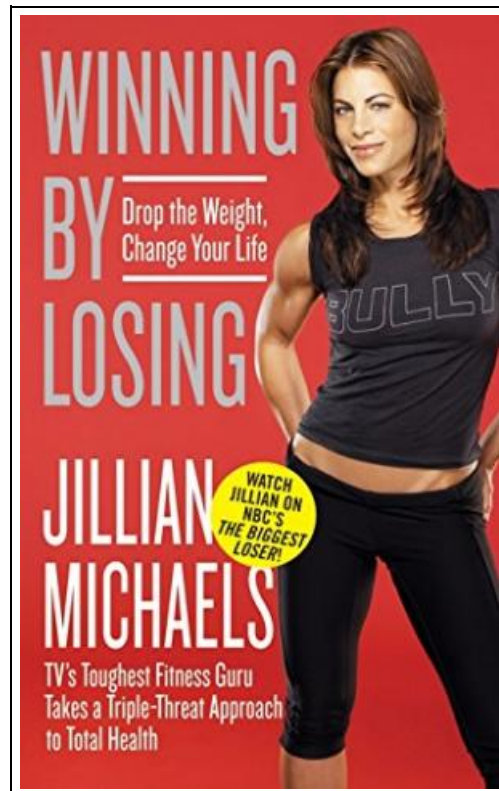


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HarperCollins Publishers Inc, United States, 2011. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Losing has never felt better than with Jillian Michaels, the female fitness guru on Network Nine s hit show The Biggest Loser , who presents a unique and comprehensive health and fitness programme that will keep the pounds off for good. Jillian Michaels knows a thing or two about getting people to lose weight and live a healthier lifestyle. In her new book, *Winning by Losing* , Jillian offers a comprehensive and integrated program that provides readers with a clear-cut path to total health. Unlike other popular diet books, *Winning by Losing* works from the inside out, combining a behavioural makeover with a unique diet plan and a no-gimmick workout. The book is divided into three parts: Self, Science, and Sweat. Self focuses on behaviour patterns, and shows how unchecked urges and emotional roadblocks lead to unhealthy eating habits. Jillian will help readers address and overcome these issues completely, an accomplishment that is the first and most crucial step towards leading a healthier lifestyle. Science is the book s nutritional facet, in which Jillian teaches readers how to create their own personalised diets. This section will help readers identify their own unique biochemical and metabolic needs, arming them with the knowledge they need to formulate a diet plan far more effective than generic ones offered in other books. Sweat utilizes Jillian s expertise to give readers an integrated workout program that combines the most effective elements of different training styles. It doesn t promise to be easy - but it works and lasts. While there are several recognisable men at the top of the fitness guru chain, including Bill Phillips and Jorge Cruise, this category has yet to see a new female occupy the...



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