



Beyond Diet Program for Beginners: Lose Weight, Burn Fat, Get a Slim Body, Increase Energy and Live Healthy (Paperback)

By Valerie Alston

Weight a Bit, United States, 2015. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. Rather than focusing on the diet, Beyond Diet is a program that seeks to help the user change the lifestyle into a healthier, more fulfilling life. Rather than describing how and why one needs to go on diet, the program helps one change his or her thinking and eating habits. The program seeks to do what many diet plans have so miserably failed to do, help everybody lose weight and live healthily. The plan therefore is like a manual that clarifies what true nutrition is and what foods should and should not be eaten so as to achieve an ideal weight and to avoid the many lifestyle diseases that are related to bad eating habits.



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