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The New You and Improved Diet: 8 Rules to Lose Weight and Change Your Life Forever (Hardback)

By Keri Glassman

Rodale Books, 2012. Hardback. Condition: New. Language: English . Brand New Book. With the abundance of conflicting advice out there, it's easy to see why people struggle with dieting. Dieters want clarity, they want to be told what to do. Women's Health contributing editor and author of The O2 Diet and The Slim Calm Sexy Diet Keri Glassman gives readers the be-all-end-all: 8 simple rules to lose the weight for good. While what we eat is very important (and The New You and Improved Diet includes a step-by-step, 8-week meal plan, full of real foods that are nutrient dense and antioxidant rich) --that's just one part of a successful weight-loss strategy. Keri walks readers through the other all-important rules to get stronger, calmer, healthier, more balanced and yes, thinner. Each rule is connected to and supports the others. The more you sleep, the more energy you have at the gym, the more weight you lose. The more you choose nutrient-dense food, the more focused your workouts become, the deeper you sleep. Using common-sense wisdom and easy, practical application, The New You and Improved Diet shows you how to make connections between these rules to totally reset your...



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