



Full: A Life Without Dieting: Weight-Loss Secrets from a Weight-Loss Surgeon (Without the Surgery!)

By Michael A Snyder

Hay House Inc. Hardback. Book Condition: new. BRAND NEW, Full: A Life Without Dieting: Weight-Loss Secrets from a Weight-Loss Surgeon (Without the Surgery!), Michael A Snyder, Not a day goes by that the average American doesn't think about weight. We cut calories. We cut fat. We cut carbs. We eat five times a day. We eat three times a day. We join the gym. We take the stairs. We try to change our lives. Yet the weight epidemic continues to grow. So what's going wrong? In FULL, the first book to offer an insider perspective on weight loss, celebrated bariatric surgeon Michael Snyder teaches you to reject the diet mentality that thrives on restrictions, deprivations, and total reversals of lifestyle. Using the science of fullness and introducing a new definition of "healthy," he brings us weight-control strategies that are rooted in our physiology and proves that the narcotic effect of fullness is the ultimate weapon in the battle for weight loss. Snyder provides us with industry-insider tips, tools, and information that have helped countless patients succeed in their weight-loss efforts. In FULL, you will learn how to: - Choose from a variety of practical strategies to achieve sustainable weight loss regardless...



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Reviews

This written publication is wonderful. It really is loaded with knowledge and wisdom You will not really feel monotony at at any time of your time (that's what catalogues are for relating to if you ask me).

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Absolutely essential go through publication. I am quite late in start reading this one, but better then never. You will not feel monotony at at any time of the time (that's what catalogues are for regarding if you ask me).

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