



Instant Diet Makeover (Paperback)

By Alex A. Lluch

WS Publishing, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. For dieters stuck in a rut or readers who feel they are eating well but just aren't losing weight, Instant Diet Makeover is a no-nonsense diet guide that reveals the tricky bad habits that prevent dieters from reaching their weight-loss goals. This book will open readers eyes to the acts and behaviors that sabotage weight loss, such as Drinking Your Calories, Happy Hour Pitfalls, and The 1,000-Calorie Salad, and provide better alternatives and healthy solutions. Whether readers have a large amount of weight to lose or just those stubborn last 10 pounds, they will be able to stop cheating themselves and start losing real weight with the help of Instant Diet Makeover.



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Reviews

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-- Tyshawn Brekke

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-- Kevin Bergstrom Sr.

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