



## The Body Fat Solution: 5 Principles for Burning Fat, Building Lean Muscle, Ending Emotional Eating, and Maintaining Your Perfect Weight (Paperback)

By Tom Venuto

Avery Publishing Group Inc., U.S., United States, 2011. Paperback. Condition: New. Reprint. Language: English . Brand New Book. The national bestseller with the ultimate program to lose body fat and build muscle-and keep the weight off for good By now, we all know that we gain fat when we take in more calories than we burn. But we are not always rational creatures when it comes to food and exercise. Tom Venuto provides a sound plan that will help us put the brakes on overeating by pinpointing the mental roadblocks and emotional eating patterns that are preventing us from losing weight for good. Guiding readers to dig deeper, The Body Fat Solution explores: ? Why it is so difficult to balance calorie output with input ?What prevents people from eating appropriately and exercising more ?The emotional and psychological factors that sabotage success The Body Fat Solution shows how to personalize an eating plan that takes into account your unique metabolism and calorie needs, while offering delicious new menus. Tapping into his years of training expertise and personal experience, Venuto helps readers change their relationship with food, empowers them to take charge of their lives, and delivers a program that promises dramatic and...



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