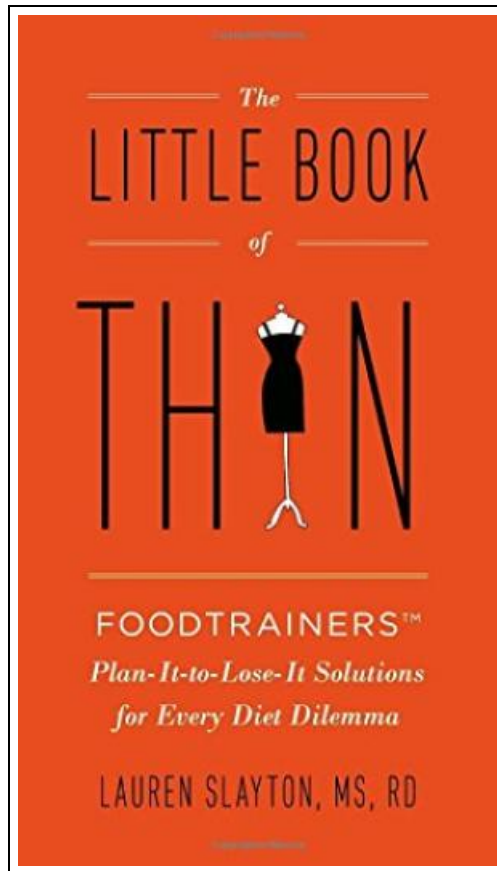


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Penguin Putnam Inc, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. The ultimate cheat sheet that sets out a workable and flexible plan for successful weight loss to fit every lifestyle and diet choice. In this worst-case diet survival handbook, nutritionist and founder of Foodtrainers, Lauren Slayton offers strategies and tips to avoid the most disastrous diet booby traps. Along with her no-nonsense nutrition and exercise advice, readers will discover that the missing component of most weight-loss schemes is planning. Planning to succeed and planning for the obstacles on the way to slim are as vital as what and when to eat and how to incorporate fat-burning activity into your day. All too many dieters give up when they hit a few road bumps created by work, family, socializing, travel, fatigue or indifference. Slayton comes to the rescue with: The Big 10 Do-Not-Pass-Go Basics, from high protein breakfast to closing the kitchen after dinner! Top Ten Things to Avoid to Get Healthy and Slim Down Fast The 4 P s -- Plan, Purchase, Prep and Promise -- to get and stay on track The 4-Step Treat Training Strategy to survive the Witching Hour Dozens of smart, simple ways to cope with the big obstacles to slim: family, restaurants, travel, entertaining, alcohol and more. Slayton provides the know-how and the what-to-do-when-things-go-south to help readers keep on track, no matter what diet they follow.



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