



The Red Wine Diet: Enjoy Life. Lose Fat.

By Art McDermott

Wellness Consulting Group. Paperback. Condition: New. 222 pages. Dimensions: 8.0in. x 5.2in. x 0.5in. If you are looking to lose fat and NOT feel like you are living on prisoner rations and treadmills. . . you have come to the right place! Im here to tell you about what I consider to be a realistic way for you to have your cake and eat it too. Now thats kind of an ironic cliché to describe a diet book, so I better explain I may be a Certified Nutritionist and in fact, Ive been a Certified Strength Coach for 30 years, but Im still 54 years old and still fight the same battle everyone else does when it comes to losing fat or simply maintaining a healthy body weight. And just as importantly, I want to have a life and enjoy the company of friends and family along the way. I love wine. I love sharing a bottle with friends. I enjoy the taste. The warm, relaxing feeling it gives me after a long day battling at workred wine especially. So many varieties As I have aged, I have definitely migrated towards the wine mindset and away from the beer drinking pattern...

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