



## State of Slim (Paperback)

By James Hill, Holly R. Wyatt

Rodale Press Inc., United States, 2016. Paperback. Condition: New. Reprint. Language: English . Brand New Book. If you re someone who has begun to doubt you will ever reach your ideal weight, help and hope are here. State of Slim is broken down into three phases to help you reignite, rebuild, and reinforce your body s fat burning engines so you develop a Mile High Metabolism - one that s keenly responsive to shifts in activity and diet. In the reignite and rebuild phases, you ll learn the diet and exercise strategies that will help you drop up to 20 pounds in just 8 weeks. In the reinforce phase, you ll continue to lose weight and solidify your new lifestyle. Along the way, you ll discover how to make changes in your environment and your mind set so they support, rather than thwart, your success. With State of Slim as your guide, you won t just lose weight, you ll actually change your body so it s primed to stay in a state of slim for good.

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