



Diet Proof Your Life: The Seven Essential Secrets of Success (Paperback)

By Yael Eylat-Tanaka

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Have you tried every diet on the planet - and failed? Are you tired of the process: rabbit food, calorie counting, and sore muscles from too much exercise? There is a solution: It's called STOP DIETING! In this revolutionary new book, the author will tell you how to diet proof your life once and for all. No more counting carb grams; no more fake butter; no more starvation diets. From this point on, you will discover within yourself the secrets to a healthy and trim body without dieting! That's a promise. Research shows that eating - not self-deprivation - wins the battle against excess weight. In this ground-breaking new book, the author tells you why diet is the ultimate four-letter word, and why deprivation is the antithesis to happiness and good health. This book tells you what you must do today to reverse the cycle, and create a lifestyle that sustains you with whole food, pleasurable experiences, and acceptance of self. This radical departure from the mainstream will introduce you to Seven Essential Secrets that will turn...



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