



The Best Life Diet

By Bob Greene

Simon & Schuster. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 9.1in. x 6.1in. x 1.0in. From the bestselling author of *Get With the Program!* and *Bob Greenes Total Body Makeover* comes *The Best Life Diet*, a lifetime plan for losing weight and keeping it off. Bob Greene helped Oprah achieve her dramatic weight loss, and he can help you too. You'll eat the same delicious food that Oprah enjoys, and, just like Oprah, you'll have Bob to encourage you at every step. Unlike a celebrity, however, you don't need to hire a staff of experts to aid and advise you, because Bob's plan, easily tailored to an array of tastes, lifestyles, and activity levels, acts as your personal trainer and private nutritionist. Just open the book and let Bob help you get started down the path toward your best possible life. What sets Bob apart from all the other experts who claim to have plans that work is that he admits that weight loss is difficult: seventeen years of watching people struggle to lose weight on a seemingly endless string of trendy crash diets, only to backslide and regain the pounds they've shed, have taught him that dropping pounds is...



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