



The Skip a Day Diet: Beat Obesity Boot Camp

By Dennis Brooks

Booksurge Publishing, United States, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. With nearly twenty years of exhaustive research it is back to basics for former First Sergeant Dennis Brooks, the author of The Skip a Day Diet. In fact, his approach to a healthy diet and good nutrition is a bit boot camp, meaning that his tactics use simple, methodic, and plainly stated common sense. In this self-improvement guide, the author uses best-practice methods that blend biology with physiology for losing weight with his unique skip-a-day approach. In thirty chapters, he introduces a revolutionary approach to eating to get full during the first twenty-four hours, resulting in a decrease of appetite the following day. Written in a marvelously easy-to-read style, it helps men and women of all ages obtain their ideal weight. The author declares: Give the Skip a Day Diet two days and learn how the diet forces the body to release stored fat that you deliberately target and burn, which leads to permanent weight loss. Readers have nothing to lose—but weight!.

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