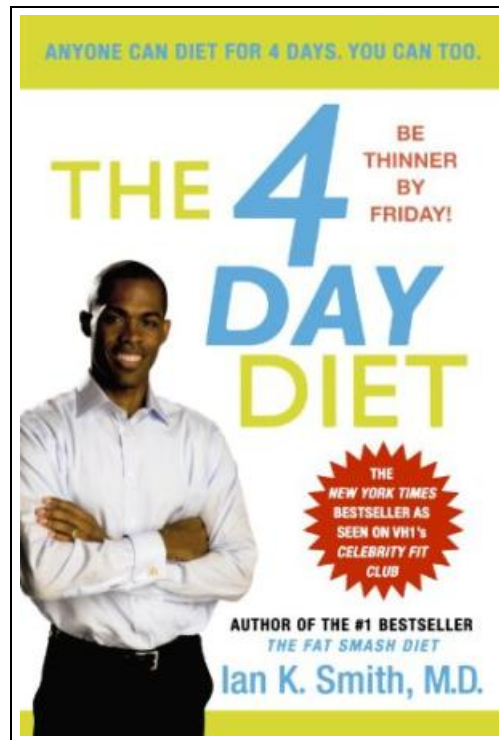


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Griffin Publishing. Paperback. Book Condition: new. BRAND NEW, The 4 Day Diet: Be Thinner by Friday, Ian K. Smith, Dr. Ian Smith's diets really work. America has lost millions of pounds following his Fat Smash and Extreme Fat Smash diets. Now, in "The 4 Day Diet", Smith has developed a program that allows readers to avoid the normal (and fatal) pitfalls of dieting: boredom, no treats allowed, too much repetition, plateauing. The 4 Day Diet is an ingenious program of dieting modules lasting only four days each: Induction (detox/cleansing); Transition (to reintroduce all food groups); Protein Stretch (to avoid plateaus); Smooth (when you can have some formerly forbidden foods like pizza and French fries); Push (the sprint just before the final stretch, back to a stricter eating plan); Pace (a comfortable module for you to catch your breath); and, Vigorous (the final module to lose those last few pounds). You can follow The 4 Day Diet straight through for a month for stunning results. But Smith also designed The 4 Day Diet so you can customize your own program. After the first two modules, you can do the remaining 5 in whichever order suits your schedule or preferences or you can repeat the modules you like best. It also features over sixty delicious recipes for breakfasts, lunches and dinners and a complete snack list - food that will make you forget you're on a diet.



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