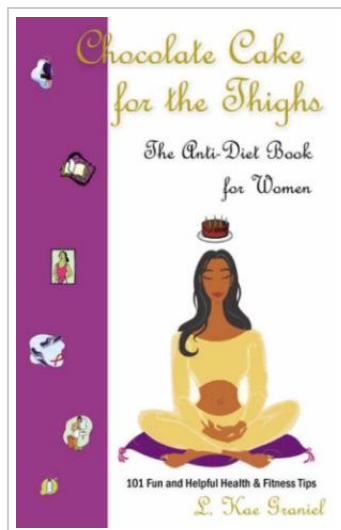




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Chocolate Cake for the Thighs - The Anti-Diet Book for Women: 101 Fun and Helpful Health and Fitness Tips (Paperback)

By L. Kae Graniel

AUTHORHOUSE, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Chocolate Cake for the Thighs - The Anti-diet Book for Women is obviously not another weight loss / diet book. If anything, it is closer to a self help book. True, there is a lot of talk about food, but that's because there is a lot of talk about food in your day to day living. You will notice the book makes meal suggestions but never offers recipes. It makes reference to meal planning but never offers a meal plan. And nary a tip mentions weighing and measuring food or counting calories. Instead, the focus is on making choices that move you in a positive way without extreme sacrifice. It's time to say no to the yo-yo of perpetual weight gain and loss, and unrealistic diets that do not meet the daily needs of the average woman. Through observation, attention, journaling, and desire, any woman can achieve her ideal body. The idea is simple. Start today with the small things you can do that make a difference like a walk after dinner, (or any of the other 100 tips in the...

Reviews

A must buy book if you need to adding benefit. It really is written in easy terms instead of difficult to understand. I found out this ebook from my dad and i advised this publication to find out.

-- **Prof. Elton Gibson I**

It is in a single of the most popular publication. It is loaded with wisdom and knowledge I am effortlessly will get a delight of studying a published book.

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