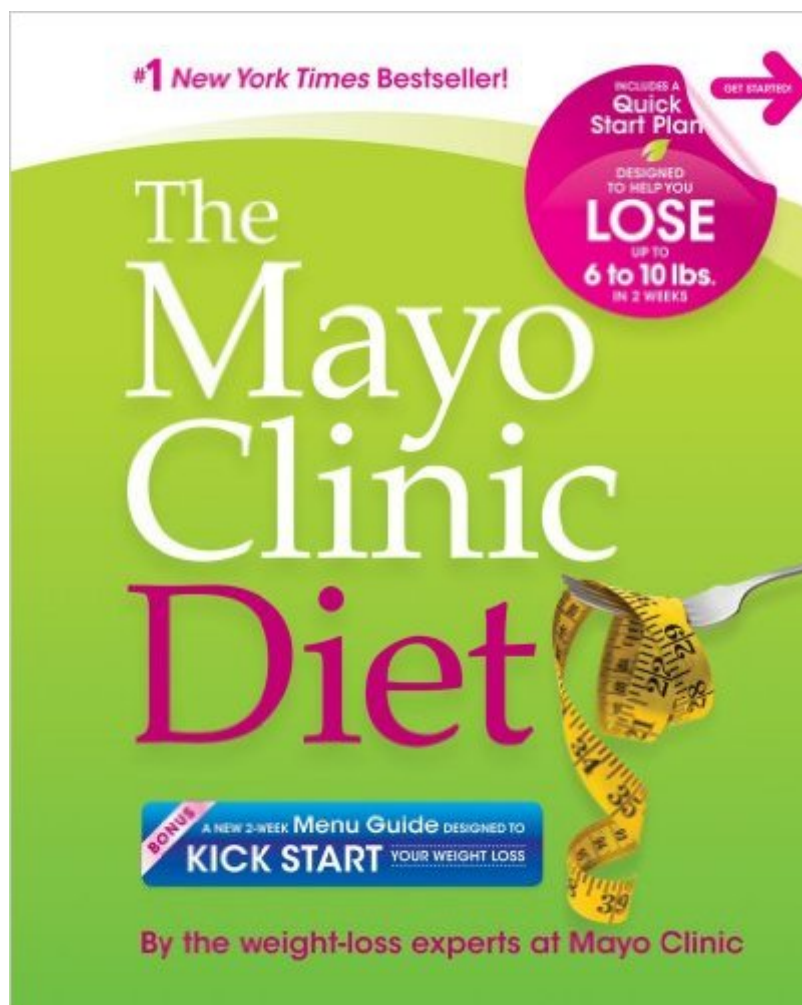


The book was found

The Mayo Clinic Diet: Eat Well. Enjoy Life. Lose Weight.



Synopsis

Now in paperback! The #1 New York Times bestseller with a brand-new, two-week menu guide designed to kick-start your weight loss. From Mayo Clinic, a leading authority on health and nutrition, comes The Mayo Clinic Diet, designed to be the last diet you'll ever need. In two simple phases, you'll be on the road to a healthy weight for the rest of your life.Â Packed with lots of extra encouragement—meal planners, recipes, tips for overcoming challenges, starting an exercise plan, and much more—The Mayo Clinic Diet gives you everything you need in one book. Toss out the scales and calculators and pick up the foods you love. This is the diet you've been waiting for!

Book Information

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Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (661 customer reviews)

Best Sellers Rank: #6,616 in Books (See Top 100 in Books) #34 inÂ Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #69 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #97 inÂ Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

I have read through this book and find it to be a fascinating easy to follow program that will produce results!The Mayo Clinic Diet Book starts out with a 2 week period of ADDING 5 Habits - BREAKING 5 Habits and ADOPTING 5 Habits. What I love about this method is that it is doable. That's right... it is simple steps that the journal (I love the journal!) helps you calculate and keep up on day to day.The Journal has a Habit Tracker within it so you can put in your starting weight... and check off the habits you are applying each day. This is great for someone wired like me as I have to have the visual in front of me.... plus, I like goals... and challenges...With great habits to remember like eating a healthy breakfast, fruits and vegies daily, eating whole grains, healthy fats - and my favorite habit: MOVE! That's right - get out there and well, MOVE! :)In the two week period you will also be encouraged to break 5 habits and this is good to document as well - like no eating while watching

TV (guilty!), No sugar, no snacks, only moderate meat and dairy, and no eating at restaurants. Now this is just part of the journal habits to break. In the two week period if we focus on breaking these habits we are on our way to new and healthier ways to enjoy life... The back of the book has a breakdown of good carbs and healthy choices as well as recipes. This book will be one I can refer to again and again! The book talks about what motivates us... find what will give you an ongoing, burning desire to succeed. For me - I love being fit. I feel better about myself, I have more energy and I am just better. I don't know any other way to describe it. In September of this past year I fell a little off my routine and have yet to get back into where I was.

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