

[PDF] The Four-Day Win: End Your Diet War And Achieve Thinner Peace

Martha Beck - pdf download free book

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Description:

About the Author MARTHA BECK, PHD, is a life coach and monthly columnist for *O, The Oprah Magazine*. She is the author of the bestsellers *Finding Your Own North Star: Claiming the Life You Were Meant to Live* and the memoir *Expecting Adam*.

From The premise of this appealing lesson is that early wins (such as noticeable weight loss after four days of calorie reduction and exercise) can breathe fire into anyone's desire to lose weight. Sounding determined but not fanatical, the life coach and media celebrity references almost every aspect of personal change known to man and offers many useful suggestions. Illustrated with short case histories, the book has something for everyone--

from the latest neuroscience discoveries to what works for everyday people at Jenny Craig. Beck's likable voice becomes even more endearing as she unfolds her ideas intelligently and with reasonable optimism. One of the CDs has helpful forms and information that can be printed. T.W. © AudioFile 2007, Portland, Maine-- Copyright © AudioFile, Portland, Maine --This text refers to an out of print or unavailable edition of this title.

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