



You: Losing Weight: The Owner s Manual to Simple and Healthy Weight Loss

By Michael F Roizen, Mehmet Öz

SIMON SCHUSTER, United States, 2011. Paperback. Book Condition: New. Revised. 210 x 138 mm. Language: English . Brand New Book. From the YOU doctors Mehmet Oz and Michael Roizen, using information from their multimillion copy bestselling YOU: On a Diet, comes this small guide to losing weight and turning your life around in sixty days. There are no shortcuts when it comes to weight, and waist, loss--no twenty-pounds-in-three-days formulas, no way to get from size XXXL to size S by the end of the weekend. But you can diet smart, not hard. In YOU: Losing Weight, the doctors behind the bestselling YOU: On a Diet offer their best ninety-nine tips and strategies for getting your body into the shape and with the waist size that you ve always wanted. Dieting can t be hard if you are to succeed for a lifetime, and it should never feel like a sacrifice. With the right strategy, you can make the lifestyle changes that you need to lose weight and get healthy for good. In this handy waist-loss guide, Dr. Michael Roizen and Dr. Mehmet Oz use their signature wit and wisdom to boil down the science and strategies for you. They keep...



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