



The Magic of Sensible Dieting: Healthy Weight Loss Without Hunger or Deprivation (Paperback)

By Rn Bella Tindale

Balboa Press Australia, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.A lot of people attempt to lose weight only to find they cannot stick to a diet because it involves too many restrictions, such as counting calories and eating ridiculously small portions. With an easy-to-follow method and simple strategies, author Bella Tindale proves that dieting doesn't have to be so difficult. In The Magic of Sensible Dieting, she offers a no nonsense, flexible approach that's adapted to each person's needs. This guide covers all aspects of dieting, including exercise and healthy food choices, providing the tools to transform your body. From macronutrients to metabolism, The Magic of Sensible Dieting explains everything you need to know to achieve your weight loss goal and maintain your new body shape. Non-judgmental, understanding, and empowering, Tindale outlines a method that includes all aspects of dieting and at the same time debunks some common myths. Giving you renewed energy and motivation, Tindale's strategy will help you achieve your weight loss goal while improving your overall health and well-being.

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