



The Logic Diet: How Very Large People Can Lose 50 to 100 Pounds or More and Keep It Off Forever (It Can Work for Smaller People Too!) (Paperback)

By Russell J Lawrence

iUniverse, United States, 2006. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How many diet plans have you tried that promised results but were impossible to stay on for more than a week before driving you crazy? How many times have you lost weight on those fad diets, yet gained it all back when you were done? The Logic Diet was written by someone just like you, not some doctor or fitness expert. Here s where you can read how a regular guy created a simple way for you to change how you think about dieting and weight loss and achieve amazing results. He s lost 82 pounds and kept it off for almost two years! The best part is that you re given the tools not just to lose weight, but also to keep it off for the rest of your life. Although designed for the excessively overweight, this plan can be used by anyone. One thing s for sure, everyone who tries it will be extremely pleased with how easy, flexible, and healthy it can be to lose weight using this method. Last but certainly not least is...



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