

[PDF] The 9 Truths About Weight Loss: The No-Tricks, No-Nonsense Plan For Lifelong Weight Control

Daniel S. Kirschenbaum - pdf download free book

Books Details:

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Author: Daniel S. Kirschenbaum

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Description:

"*The 9 Truths* uses the razor's edge of science to cut through the nonsense from pseudogurus," promises author Daniel S. Kirschenbaum, Ph.D. This refreshingly credible book may not tell you what you want to hear, but it does give you the straight facts about dropping excess pounds. For example, Truth #1 is "Your body will resist permanent weight loss": it won't be easy, and "only highly intensive and consistent efforts at weight control really work." That doesn't mean eating 400 calories a day--it doesn't mean going "on a diet" at all. It does mean a consistent, lifetime program of cutting as much fat (Truth #5) and sugar as possible, paying careful attention to the amount of food

you take in, and exercising every day (Truth #7). Log your food and exercise 75 percent of the time (Truth #6)--people who do this lose more weight and maintain that weight loss better than people who do not. Forget the contradictory diet fads, whose authors "seriously distort nutritional science." Every "truth" here is research based--and he points out which bestselling diet books are not. (Don't miss his analysis of the *Zone* diet!) The book delivers on the promise of its subtitle, "The No-Tricks, No-Nonsense Plan for Lifelong Weight Control." *The 9 Truths About Weight Loss* is not a diet, but it tells you exactly what kinds of lifestyle changes you need to make to get lasting results. This is what works. --Joan Price

Review "...The Nine Truths makes the process easy, understandable, enjoyable, and, of course, satisfying in the as goals are achieved." --Ken Germano, executive director, The American Council on Exercise

--This text refers to the edition.

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