



## The Carbohydrate Addict's Diet Book: the Lifelong Solution to Yo-yo Dieting

By Richard F. Heller, Rachael F. Heller

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Carbohydrate Addict's Diet Book: the Lifelong Solution to Yo-yo Dieting, Richard F. Heller, Rachael F. Heller, The authors believe that a tendency to gain weight easily can be caused, not by lack of willpower, but rather by a physical addiction to carbohydrates. This revolutionary diet eliminates the cravings and helps you overcome the yo-yo syndrome - when weight you have lost is quickly gained back - permanently and without feeling hungry. The Carbohydrate Addict's Diet Book is based on the Hellers' years of research, thousands of case studies and their own personal victories over food exchanges and calorie counting. A daily reward meal, along with wholesome, balanced Complementary Meals, fit easily into busy schedules, restaurant meals, holiday and celebrations. Filled with sound advice and effective strategies - including wonderful recipes and menu plans - this groundbreaking book helps eliminate carbohydrate cravings and puts you in control of your eating and your weight - for life.

DOWNLOAD



READ ONLINE

[ 4.68 MB ]

### Reviews

*The ebook is straightforward in read easier to recognize. It is actually written in basic phrases and not difficult to understand. You can expect to like just how the author compose this book.*

-- **Camilla Kub**

*Great electronic book and valuable one. It really is simplistic but surprises within the fifty percent from the book. It's been printed in an extremely simple way in fact it is merely right after i finished reading this publication by which in fact modified me, change the way i really believe.*

-- **Dr. Bethany Lindgren**

## Other Books

---



### **Very Short Stories for Children: A Child's Book of Stories for Kids**

Paperback. Book Condition: New. This item is printed on demand. Item doesn't include CD/DVD.

---



### **Grandpa Spanielson's Chicken Pox Stories: Story #1: The Octopus (I Can Read Book 2)**

HarperCollins, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Foreword by Raph Koster. Introduction. I. EXECUTIVE CONSIDERATIONS. 1. The Market. Do We Enter the Market? Basic Considerations. How and Which Niche? Market Analysis: Who Are...

---



### **Richard Scarry's Bedtime Stories**

Random House Books for Young Readers, 1986. Paperback. Book Condition: New. This delightful collection includes: Uncle Willy and the Pirates; Sergeant Murphy and the Banana Thief; Ma Pig's New Car; The Unlucky Day; The Three Fishermen. A perfect sleepytime read along anthology!...

---



### **Kids Perfect Party Book ("Australian Women's Weekly")**

ACP Books, 2007. Paperback. Book Condition: New. A Brand New copy, unused and unread. Dispatched by next working day from Hereford, UK. We can now offer First Class Delivery for UK orders received before 12 noon, with same-day dispatch (Monday-Friday) not including...

---



### **5th Activity Book - English (Kid's Activity Books)**

Book Condition: New. This is an International Edition Brand New Paperback Same Title Author and Edition as listed. ISBN and Cover design differs. Similar Contents as U.S Edition. Standard Delivery within 6-14 business days ACROSSTHE GLOBE. We can ship to PO...

---



### **Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success**

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How can inclusive early educators plan and deliver...

---