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Why You Can't Lose Weight: Why it's So Hard to Shed Pounds and What You Can Do About it (Paperback)

By Pamela Wartian Smith

Square One Publishers, United States, 2011. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. If you have tried diet after diet without shedding pounds, it may not be your fault. In this revolutionary book, Dr. Pamela Smith discusses the eighteen most common reasons why you can't lose weight, and guides you in overcoming the obstacles that stand between you and a trimmer body. Why You Can't Lose Weight is divided into four parts. Part I looks at lifestyle practices, such as insufficient exercise and sleep. Part II examines health disorders, such as food allergies and thyroid hormone dysfunction. And Part III discusses biochemical problems, such as insulin resistance and depression. For each difficulty discussed, the author explains how the problem can be recognized, how it contributes to weight gain, and how you can take steps towards a slimmer body. The last part guides you in putting together a customized, easy-to-follow weight-loss program. If you've been frustrated by one-size-fits-all diet plans, it's time to learn what's really keeping you from reaching your goal. With Why You Can't Lose Weight, you'll discover how to lose weight and enjoy radiant...



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