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THE END OF DIETING: HOW TO LIVE FOR LIFE



Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, The End of Dieting: How to Live for Life, Joel Fuhrman, We're fatter, sicker and hungrier than ever, and the diet industry - with its trendy weight-loss protocols and eat-this-not that ratios of fat, carbs and protein - offers only temporary short-term solutions at the expense of our permanent long-term health. As a result, we're trapped in a cycle of food addiction, toxic hunger and overeating. In The End of...

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- Authored by Joel Fuhrman
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