



Physician s Slimming Guide: For Permanent Weight Control (Paperback)

By Neal D. Barnard

Book Publishing Company, United States, 1992. Paperback.
Book Condition: New. 211 x 140 mm. Language: English . Brand New Book. Offering a different approach from standard diets, this book shows how to lose fat and keep it off, how to increase metabolic rate through food selection, choose foods that are nutritious and not calorie-dense, and introduces new methods to burn calories more effectively.



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Reviews

Comprehensive information for book fans. It is one of the most amazing book i actually have read. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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