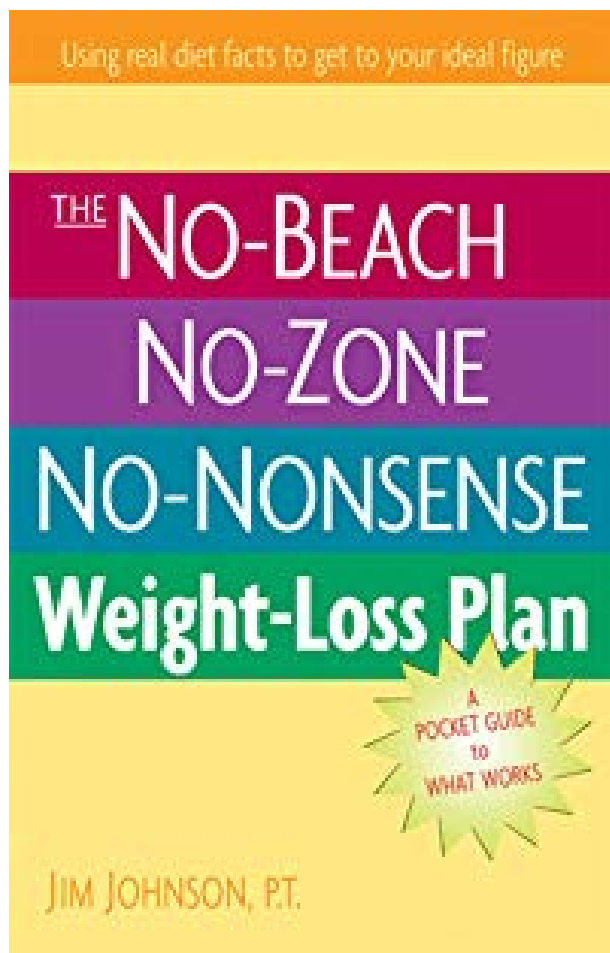


# The No-Beach, No-Zone, No-Nonsense Weight-Loss Plan: A Pocket Guide to What Works



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THE NO-BEACH, NO-ZONE, NO-NONSENSE WEIGHT-LOSS PLAN is based entirely on: \* an analysis of scientific studies, so that it is fact-based \* research on successful dieters that shows how they got the weight off and kept it off \* diet and exercise strategies that can be done at home What is currently on the market: a lot of diet and weight loss books with gimmicks and a lot of fluff, but very few theories that are supported by randomized controlled trials. THE NO-BEACH, NO-ZONE, NO-NONSENSE WEIGHT-LOSS PLAN is the antithesis of these books. The author has reviewed the weight loss literature, found proven solutions, and put it all in a digestible format for the lay person.

The book contains self-help information on \* calculating calorie needs and determining your BMI \* the truth about cellulite and spot reducing \* whether your weight is threatening your health \* why your weight problem isn't all your fault \* calculating the percentage of fats, carbs and protein in your diet \* a little-known exercise strategy shown to work in many controlled trials \* detachable exercise and calorie count cards THE NO-BEACH, NO-ZONE, NO-NONSENSE WEIGHT-LOSS PLAN is easy to read, practical, and contains a simple workable plan for anyone.