



Losing it: Making Weight Loss Simple

By Dhruv Gupta, Prachi Gupta

Pan MacMillan, New Delhi, 2013. Soft cover. Book Condition: New. You have probably tried losing weight at some point in your life, or at least thought about it. Well-meaning and well-intentioned articles, websites and experts give out advice on losing weight through the latest research, super foods or following magical weight-loss techniques. This complicates the process and gives out conflicting information. Losing It is a coherent how-to that provides you with the pros and cons of healthy foods and foods which have healthy claims attached to them, beverages and exercise. It gives you tips that are easy to tie into your daily life, resulting in long-term weight loss while helping you gain in nutrition and fitness. Faced with stores full of choices and the demands of a busy life, how can you put together a balanced meal? What foods have empty calories and which ones really help you? Is brown bread good for you? Is banana fattening? What are the healthy choices you can opt for when eating out? Does going to the gym help? What's holding back your weight loss? Losing It addresses your everyday burning queries and concerns simply, and is chock-full of tips and suggestions for you...



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Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- **Andres Bashirian**

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

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