



# Dieting For Dummies

*Jane Kirby, The American Dietetic Association*

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## **Dieting For Dummies** Jane Kirby, The American Dietetic Association

Does the world really need another book on dieting? More important, do you? Plenty of diet books make promises that this one doesn't. Lots tell you that losing weight and keeping it off is easy when you know their secrets. Well, here's a secret that the other books won't tell you: Dieting gimmicks, like banning pasta, don't work. And that's precisely why you need this book. It's not about fad plans or take-it-off-quick schemes. It's about balancing healthful eating and exercise for a lifetime.

This second edition of *Dieting For Dummies* is for anyone who has eaten too much and wants to lose weight. The information presented here is appropriate for someone wanting to lose 10 pounds or 100 pounds. You can use it as a guide for eating healthfully, and not only a way to lose weight. Because, when you discover how to eat the healthy way, you *will* lose weight.

The material in *Dieting For Dummies* is grouped so that you don't have to start at the beginning – although that's a nice place to start. If you'd rather, you can flip right to the chapter that contains the information you need. You'll discover information on

- Understanding what a healthy weight is and how to find yours
- Getting over overeating
- Formulating a plan for healthy eating
- Shopping, cooking, and dining out to make eating healthy easier
- Finding and working with health-care professionals you can trust, for when you can't seem to go it alone

People come in a wide range of heights, weights, and girths. One is not better than another. But staying within your healthiest weight range can help you achieve optimal health and well-being. Let this book help you see through the fog of fads and myths. Then read on and find out how you can stop dieting and start living healthfully.

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A lot of people always spent their free time to vacation or maybe go to the outside with them family members or their friend. Do you know? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity this is look different you can read any book. It is really fun for you personally. If you enjoy the book you read you can spent the entire day to reading a book. The book Dieting For Dummies it is rather good to read. There are a lot of those who recommended this book. These were enjoying reading this book. In case you did not have enough space bringing this book you can buy the particular e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not to fund but this book provides high quality.

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