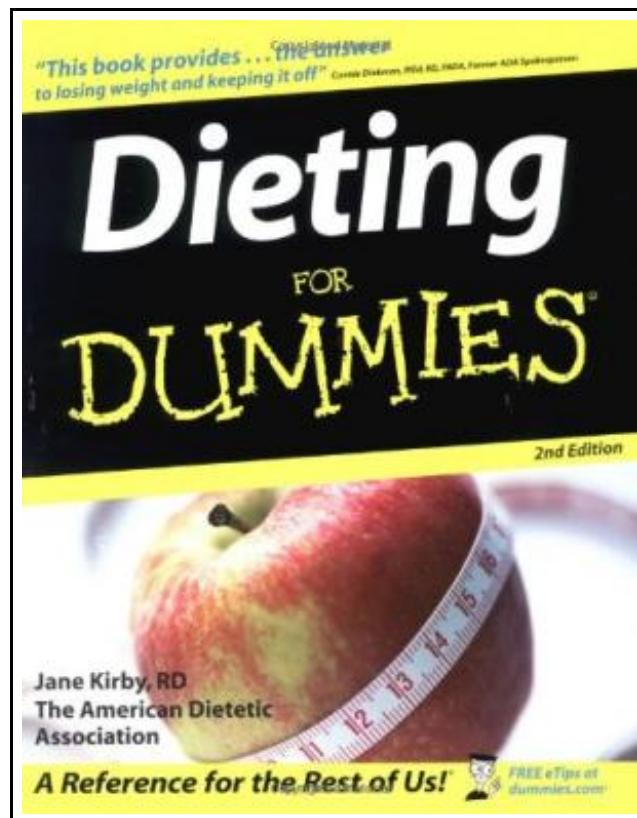


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John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Dieting For Dummies (2nd Revised edition), Jane Kirby, ADA (American Dietetic Association), Does the world really need another book on dieting? More important, do you? Plenty of diet 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; and, 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...

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