



The Miracle Diet: Lose Weight, Gain Health... 10 Diet Skills

Susan Ford Collins, Rabbi Celso Cukierkorn

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Why is this diet book different? Diets fail not because you don't know what or how much to eat. Diets fail because it takes 10 Diet Skills to overcome the challenges of changing old habits. Like it or not, we're all on a diet, whether that includes eating a bag of chips or an apple! The only question is... are you on a diet that will make you and your family sick, or make you well? The Miracle Diet is not just for 4 or 5 weeks. It's eating smart for the rest of your life! To make long term changes in your health and lifestyle, you need to use ALL 10 skills. The Miracle Diet will teach you how and when! You can lose 10, 20, 50, 100 pounds or more. This book will empower you to lose weight and keep it off permanently! Everything you believe about dieting is about to change!

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