

From the *New York Times* Bestselling Authors

YOU LOSING WEIGHT

- 99 best weight-loss tricks from *YOU: On a Diet* (revised edition)
- Two-week food plan with delicious recipes, including the BEST breakfast smoothie ever
- The ultimate 20-minute, fat-blasting workout

Excerpted
from the 2-million-
copy bestseller
You: On a Diet
(revised edition)

The Owner's Manual to Simple
and Healthy Weight Loss

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YOU: Losing Weight: The Owner's Manual to Simple and Healthy Weight Loss



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Dieting can'There are no shortcuts with regards to weight, and waist, loss—no twenty-pounds-in-three-days formulas, no chance to obtain from size XXXL to size S by the finish of the weekend.ve always needed. In YOU: SLIMMING DOWN, the doctors behind the bestselling YOU: On a Diet plan offer their best ninety-nine tips and strategies for obtaining your body in to the form and with the waist size that you' But you can diet sensible, easy.From the YOU doctors Mehmet Oz and Michael Roizen, using information from their multimillion copy bestselling YOU: On a Diet, comes this small guide to slimming down and turning your life around in sixty days.s Doctors share their favorite weight-loss super-foods quality recipes and provide exercise suggestions for ways to get the most from any type of workout. With the right strategy, you may make the lifestyle changes you need to lose weight and become healthy once and for all. More important, America' Michael Roizen and Dr. Mehmet Oz make use of their signature wit and wisdom to boil down the research and approaches for you. They keep their usual no-nonsense approach to explaining our body to outline why crash dieting can't work for the future. In this handy waist-loss guidebook, Dr.t be very difficult if you are to succeed for a lifetime, and it should never feel just like a sacrifice. With meals plans, shopping lists, and comprehensive advice on the science of waist loss, this pocket-size paperback can be filled with everything dieters need to know about how to build up better habits which will keep pounds off once and for all.



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GET A SECOND OPINION! Thanks! Because this publication is a strong advocate of advocating for yourself in the medical program, and since it is put out by The Joint Commission, an establishment medical group and because it strongly advocates obtaining a second or third opinion -- I had the courage and the how-to knowledge to find the best treatment for me personally. The first surgeon recommended "the typical" -- removing the complete thyroid, giving my whole body so very much radiation even medical center personnel would not be allowed in my room for times, requiring thyroid replacement medications for the rest of my life, and discontinuing it once every half a year, causing a twice-yearly melancholy. My husband and I are turning 40 this year. Thyroid medication is notoriously tricky to get adjusted properly -- but my body has done it properly. Oz and studying the human body, and I'd have enjoyed the publication much more, had it trapped to the science rather than tried to be so lighthearted and entertaining. As the second cosmetic surgeon said, "And that means you wish to know what the excess risk is if you only have the malignancy removed? I love Dr. Because if it doesn't work, you can still go back so the standard treatment." Even I must someday -- I have experienced six+ years of good health without the need for medications. My entire life would possess been so much more tough had I eliminated with the first surgeon's recommended "standard of care" treatment. We read it jointly. It's a little light on the workout parts, but that's because it's an all-over body book and just gives you the fundamentals for maintaining optimum wellness. It would have been easier to simply do what the surgeon said. But in the end, my standard of living is sooo much better than if I hadn't had this book to cheer me on and give me the courage and tools for the best care for me. I come across Dr. Not really what I ordered..It was a lot more work -- at first. I were left with only the spend the the cancers lump removed, and therefore no radiation at all, and enough thyroid gland left to adjust and supply what I want -- so no medication, no unhappiness. We decided we needed to start taking better treatment of ourselves. authors pulled together latest info in a shrewd manner. Well, it happens this way. It does for most. It has for us. UPDATE, May 2017 -- Still cancer free, still no meds, still feeling great! Oz's delivery so danged an easy task to digest and understand. They are legit doctors. I don't feel like he's dumbing it down for me, because he assumes I'm a moron, and I don't feel just like he swings the other direction and feels as if he provides something to prove, so he writes so far most importantly our heads that the material becomes thick and difficult. This is a good sense manual for the average individual who would like to be healthful. And guy, does he fill it filled with things you should know, but never consider. I liked this book so much I began reading it aloud to my husband. My hubby was impressed plenty of with the materials and delivery that he was interested more than enough to learn it with me. Useful information that you may not get from your own mom or doctor, but could possibly be even more concise. This publication is our favorite health-related book. I don't care about living to see 100. I really do care about living independently, and without crippling health problems for enough time I am right here. It's assisting us understand our anatomies better, and take seriously the change we have to make to help ourselves live better. Oz is normally a charming guy. Even though some sections were just a little simplistic for me personally, I still discovered the explanations and illustrations interesting, informative, and humorous. Excellent Informative Manual for the Average Person I've had this book for a few years now. If you had taken anatomy classes in college, had a couple of biology courses, have been reading up on diet for years, and are a physical trainer, you might find the book too basic for the information you're wanting. It will not tell you firmly to start training for a marathon, or consume nothing but raw food. I took two weeks off function and studied my options. Which means you get just the fundamentals and

minimum of exercise you need, and it provides those exercises. It's written with humor and a lot of illustrations, significant and humorous. I'm thrilled with this purchase.. I don't experience insulted by his delivery. Dr. Oz is definitely a cardiologist but still practices medication. Dr. Oz is not connected with big pharma in any way, to my knowledge, as stated by another reviewer. Because somebody is not only smart and accomplished, but also wealthy and famous, does not necessarily make him an idiot or unethical.. But this reserve is great at explaining in ordinary words to the average individual how the body functions and what we should do, or not do, to keep up it like you maintain a car. Nothing extreme here. This reserve reads effortlessly. I highly recommend it for yourself or as a gift. Must read for anyone trying to boost their health I find medical guidance to be confusing. Many doctors struggle to explain issues in terms I could understand and there is so much conflicting info out there. I found the metaphors used in this publication to become enlightening and helpful in understanding what's occurring inside me. I also discovered the tips to be fairly good sense and actionable. I'm looking towards reading additional books in the owner's manual series. This book appeared in my life (via airport bookstore) by chance right before a diagnosis of thyroid cancer. Thanks! Good-sense Self care! Loved this book... How cliché, right? Don't allow the fact that the two doctors earn money from writing and television. If you are concerned with becoming healthy or maintaining good health, this is a fantastic, down to earth guidebook for that. This is such an excellent read. common sense self care! Usually do not miss this! Still grateful this publication gave me the guts to advocate for myself! Great message, although I ordered a paperback book and received DVDs. It was a gift therefore i didn't have time to return it, but the message is the same. Comprehensive Great info and medical knowledge for all readers. Four Stars Too detailed. While the book is a great general guide to the body While the book is a great general guide to our body, it reads just like a health book for middle school. The jokes and pop tradition references are irritating and seem an effort to make research palatable to uninterested teens. None. This is in 2006 and I am still cancer-free. Husband loves it. Will recommend this publication anything. Although this book is normally in US context but nonetheless useful info to visitors. We read this aloud in our down-time - while we're cooking dinner, or lounging around. Bought this just because a friend recommended it but We was a little disappointed that there is too much filler.



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