

Read Online Dr Stork Lose  
Your Belly Diet Before After  
Photoes

***Dr Stork Lose  
Your Belly Diet  
Before After  
Photoes***

**The 20/20 Diet by Dr. Phil McGraw**  
*Page 1/227*

# Read Online Dr Stork Lose Your Belly Diet Before After Photoes

**gives readers a perfect, 20/20 vision of what their lives and bodies will look like when they finally lose weight and keep it off forever.**

**What's the weirdest thing you've ever wanted to know about the penis but were afraid to ask? Dr. Aaron Spitz has that answer—and many more. Let Dr.**

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**Spitz—who served as assistant clinical professor at UC Irvine's Department of Urology for 15 years and who is a regularly featured guest on The Doctors—become your best friend as he fearlessly guides you through the hairiest and the scariest questions in The Penis Book. An unflinching,**

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**comprehensive guide to everything from sexually transmitted infections to the science of blood flow, The Penis Book prominently features an easy-to-follow holistic five-step plan for optimum penis health, including plant-based eating recommendations, information on some penis-healthy foods, and suggested**

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**exercises for penis wellbeing. Useful to men and women alike, The Penis Book is a one-stop-shop for the care and maintenance of the penis in your life. Jorge Cruise unleashes his new fitness and weight-loss series with one simple piece of advice: Work smarter, not harder. With his revolutionary**

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**5-Minute Fitness Formula and 6-Day Challenge, he shatters the conventional wisdom that rapid, lasting weight loss can only be achieved through hours and hours in the gym, day after day. In Inches Off! Your Tummy, Jorge unveils the most effective exercise formula to optimize belly-fat burn all day—using**

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**compound exercises to hit virtually every muscle in the body with each rep—while also showing readers how to avoid the hidden sugars in foods that signal their bodies to store fat. The outcome: Visible results in 6 days, exercising just 5 minutes per day. With more than 6 million books in print and**

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**3 million online weight-loss clients via JorgeCruise.com, Jorge Cruise is one of the most successful fitness and diet authors on the planet—and his newest book franchise launches now. "Jorge Cruise has answers that really work and take almost no time. I recommend them highly." —Andrew Weil, MD "Jorge**



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**Cruise sets you up to win!" —Anthony  
Robbins**

**A Jungian analyst explores the feminine  
psyche through stories of "wild  
women"--the mythological archetype of  
the strong, primitive woman**

**A 7-Step Prescription for Optimal  
Wellness**

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**Eat It to Beat It!**

**The Super-Simple 5-Minute Plan to  
Firm Up Flab & Sculpt a Flat Belly**

**The Belly Fat Cure Quick Meals**

**The White Tiger**

**The Better Man Project**

**Peel Off Those Last 10 Pounds!**

**Turn Your Weight Loss Vision Into**

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**Reality**

NEW YORK TIMES

BESTSELLER Zero Belly Diet is  
the revolutionary new plan to turn  
off your fat genes and help keep you  
lean for life! Nutrition expert David  
Zinczenko—the New York Times

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bestselling author of the Abs Diet series, Eat This, Not That! series, and Eat It to Beat It!—has spent his entire career learning about belly fat—where it comes from and what it does to us. And what he knows is this: There is no greater threat to

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you and your family—to your health, your happiness, even your financial future. Yes, you can: Change your destiny. Overcome your fat genes. Strip away belly fat and finally attain the lean, strong, healthy body you've always wanted. With Zero

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Belly Diet, David Zinczenko reveals explosive new research that explains the mystery of why some of us stay thin, and why some can't lose weight no matter how hard we try. He explains how some foods turn our fat genes on—causing seemingly

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irreversible weight gain—and uncovers the nine essential power foods that act directly on those switches, turning them to “off” and allowing for easy, rapid, and sustainable weight loss. And he shows how these foods help heal

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your digestive system, keeping those gene switches turned off and setting you up for a lifetime of leanness.

Other diets can help you lose weight, but only the Zero Belly diet attacks fat on a genetic level, placing a bull's-eye on the fat cells



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that matter most: visceral fat, the type of fat ensconced in your belly. These fat cells act like an invading army, increasing inflammation and putting you at risk for diabetes, Alzheimer's, arthritis, heart disease, and cancer. Visceral fat can also can

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alter your hormone levels, erode muscle tissue, increase your chances of depression, and destroy your sex drive. But you can turn the odds in your favor. Zero Belly Diet shows you how to deactivate your fat genes, rev up your metabolism,

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banish bloat, and balance your digestive health, allowing you to easily build lean, strong stomach muscle and strip away unwanted belly fat without sacrificing calories or spending hours at the gym. The result: weight loss that is easier,

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faster, more lasting, and more delicious than you'd ever imagine. You'll be stunned and inspired by the results of an amazing 500-person test panel—men and women who lost weight quickly, and with ease, following the Zero Belly diet. In just

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the first 14 days: Bob McMicken,  
51, lost 16.3 pounds Kyle

Cambridge, 28, lost 15 pounds

Martha Chesler, 54, lost 11 pounds

Matt Brunner, 43, lost 14 pounds

Zero Belly Diet features a week-by-  
week menu plan, fifty tasty recipes,

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and a handy shopping list that leads to a minimum of cooking and plenty of feasting. Best of all, Zero Belly Diet offers something more: freedom. Freedom from bloating, freedom from food deprivation, freedom from weight loss fads,

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freedom from stress. So say  
goodbye to your paunch and hello to  
a happier, healthier you!

Dr. Travis Stork, cohost of The  
Doctors, cares about the state of  
your abdomen. Why? Because when  
he's not on TV, he works in the E.R.

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at Vanderbilt Medical Center. And his years of training and experience have told him that the one of the very first vital signs to check—one of the most important determining factors in whether a patient will recover from illness and injury, or



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face a future of disease, pain, and disability—is how much belly fat they're carrying. In fact, visceral fat—the kind that clings to your waistline and infiltrates your internal organs—is not only unsightly, it also sets you up for a host of health

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woes, including diabetes, heart disease, and cancer. So fighting belly fat is the same thing as fighting for your life! But now, Dr. Travis, America's top urgent-care doctor, has written the ultimate prescription for curing dangerous

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belly fat. His revolutionary PICK 3  
TO LEAN plan lets you customize  
your diet and lifestyle to start  
melting away belly fat, without  
giving up your favorite foods,  
without spending hours in the gym,  
without really sacrificing

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anything—except belly fat! If you love snacking, if you love desserts, if you love burgers and steaks, if you love big, hearty breakfasts, there's a plan in here for you. With tiny tweaks to the foods you already love and enjoy, you'll begin to see

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the pounds disappear in just days!  
Plus, Dr. Travis explains the magic  
of N.E.A.T.: non-exercise activity  
thermogenesis, a fancy way of  
saying "burn more calories without  
exercising!" You pick the lifestyle  
you're most comfortable with. You

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decide which foods you want to eat. You choose what fun activities you want to enjoy. With The Lean Belly Prescription, you will have a plan custom-designed by you—with the help of Dr. Travis—that's scientifically proven to strip away

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up to 15 pounds in just 4 weeks.

With The Lean Belly Prescription,  
you'll find yourself eating more the  
foods you love, spending more time  
doing the things you love, and  
having more fun with the people you  
love. Dr. Travis will teach you how

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to do that because The Lean Belly Prescription is a whole-life plan, taking in variables other diets don't consider, and offering weight-loss opportunities you didn't know you had. The result: a prescription plan you'll love, and stay on for the rest



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of your life because of how it makes you feel.

Belly fat is not only unsightly, it's deadly; it has been linked to a long list of adverse health conditions, including heart disease, diabetes, and breast cancer. Prevention's Flat

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Belly Diet, a revolutionary plan that's already helped more than one million people lose weight around their middles, may help target dangerous belly fat with monounsaturated fats (better known as MUFAs)—found in delicious

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foods like nuts and seeds, vegetable oils, olives, avocados, and dark chocolate. On the Flat Belly Diet, it's important to enjoy these foods, in the right amounts, with every meal. The Flat Belly Diet!

Cookbook makes that easy. All of

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the recipes were carefully developed to make sure every meal includes just the right amount of MUFAs and meets the plan's 400-calorie guideline, so you can mix and match meals to suit your taste. And there's no need to count calories. All the

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work has already been done! Packed with 200 dishes that feature these scrumptious fat-fighting MUFA-rich foods, as well as more than 50 lush photographs, this book gives you plenty to whet your appetite: - Great-to-wake-up-to dishes like Banana

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Pancakes with Walnut Honey and  
Eggs Florentine with Sun-Dried  
Tomato Pesto - International  
favorites like Thai Corn and Crab  
Soup and Caribbean Chicken Salad -  
Cozy comfort food like Spaghetti  
with Roasted Cauliflower and

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Olives and Turkey Meat Loaf with  
Walnuts and Sage - Quick,  
satisfying snacks like Tex-Mex  
Snack Mix, Peanut Butter Spirals,  
and Nutty Chicken Nuggets - Sweet  
treats like Super-Rich Chocolate  
Cake with Maple Frosting and

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Peach and Blueberry Tart with  
Pecan Crust

Based on Zero Belly Diet, the  
revolutionary bestselling weight-loss  
plan from NBC News health and  
wellness contributor David  
Zinczenko, creator of Eat This, Not



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That!, Zero Belly Cookbook is a groundbreaking collection of recipes that will teach anyone how to cook beautifully, lose weight fast, and get healthier in just minutes a day. SEE THE DELICIOUS DIFFERENCE IN JUST FOURTEEN DAYS! Strip

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away up to 16 pounds in two weeks with the weight-loss power of gourmet superfoods. Ever since the arrival of David Zinczenko's bestselling Zero Belly Diet—with its proven formula to rev up metabolism, melt away fat, and turn

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off the genes that cause weight gain—fans have been clamoring for more scrumptious, waist-slimming recipes to add to their weekly menus. Zinzchenko answers the call in *Zero Belly Cookbook*—a collection of more than 150 quick,

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simple, restaurant-quality meals that will improve how you eat, feel, and live. • Metabolism-boosting breakfasts: Set your metabolism racing with the all-day fat-burning protein power of Spinach and Onion Strata and the superfood-packed

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Apple Pie Muffins. • Flat-belly lunches: Quell hunger with low-calorie, belly-flattening takes on such indulgent favorites as Turkey Meatball Heroes with Onion and Peppers. • Fat-melting dinners: Celebrate easy, automatic weight

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loss in gourmet style with Green Tea  
Poached Salmon with Bok Choy or  
Steak Frites with Arugula  
Chimichurri and Asparagus. •  
Slimming snacks: Nibble your way  
slim with Spicy Popcorn, Fresh Figs  
and Ricotta, and Avocado with Crab

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Salad. • Healthy, decadent desserts:  
Cap off a day of perfect eating with  
Raspberry Poached Pears, Black  
Forest Cookies, or Watermelon  
Wedges with Whipped Cream,  
Walnuts, and Mint. Including tasty  
dishes from such celebrated chefs as

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Jason Lawless, Susan Feniger, Chris Jaeckle, and Anita Lo, these tantalizing, easy-to-prepare recipes are specifically designed to target the fat that matters most to your health: belly fat. Regardless of your health history, your lifestyle, or even



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your genes, Zero Belly Cookbook  
will give you the power to flatten  
your belly, heal your body, soothe  
your soul, and live better than ever.

The 20/20 Diet

Lose 4 to 9 Ibs - A Week with On-  
the-Go Carb Swaps

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The Doctor Is In

2,476 tips and techniques that will  
flatten your belly, sharpen your  
mind, and keep you healthy and  
happy for life!

Inches Off! Your Tummy

Cooking that Counts

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Women who Run with the Wolves  
Lose up to 16 Pounds in 14 Days  
and Sip Your Way to A Lean &  
Healthy You!

**A three-week program for  
streamlining the body and  
improving overall health shares**

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**an eating plan and 50 recipes for balancing digestive bacteria, improving gut function and accelerating metabolism. By the author of What Doctors Eat. Original. 20,000 first printing. We want to be healthy. We want**

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**to be lean. And we want to lose that annoying fat around our bellies. Now we can! The Lose Your Belly Diet is built around a very clear, research-based concept: eating food that nourishes and protects the**

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**microbes in your gut paves the way for weight loss and a slimmer middle. Most importantly, having great gut health is linked to good health and wellbeing throughout your body. Scientists in this rapidly**

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**growing field are finding connections between the gut microbiome and a healthy immune system and gastrointestinal system, as well as autoimmune diseases (such as rheumatoid arthritis and**

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**inflammatory bowel disease),  
allergies and asthma - even  
cancer. And with every study  
that is published, they are  
convinced that a healthy gut  
leads to a healthy body. Indeed,  
when your gut is happy, your**



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**skin glows with health and you look and feel younger. The Lose Your Belly Diet includes meal plans, diet recommendations and recipes, giving readers everything they need to make dramatic changes in their GI**

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**health, their weight, their belly fat, and their overall health.**

**We want to be healthy. We want to be lean. And we want to lose that annoying fat around our bellies! We can achieve ALL of these goals with The Lose Your**

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**Belly Diet. Based on exciting new research about the dramatic benefits of vibrant gut health and a diverse gut microbiome, this plan nurtures your gut while helping you burn off excess weight and harmful belly fat.**

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**This plan is built around a very clear, research-based concept: Eating food that nourishes and protects the microbes in your gut paves the way for weight loss, a slimmer middle, and better overall health. It's not just**

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**about weight loss. Having great gut health is linked to good health throughout your body. Scientists in this rapidly growing field are finding connections between gut microbes and the immune system, weight loss,**

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**gastrointestinal health, ,  
allergies, asthma, and even  
cancer. With every study that's  
published, scientists become  
more convinced that having a  
healthy gut leads to having a  
healthy body. We're accustomed**

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**to thinking of bacteria as bad—and some are—but most of the bacteria and microbes in our guts do amazing things, like working with our immune system to fight disease and helping our bodies digest food.**

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**Not only can't we live without them, but as their numbers and diversity increase, so too does our health. In this book, we look at all of the ways you can improve your own gut health, starting with the food you eat.**



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**My diet recommendations, meal plans, and recipes will help feed and protect your gut microbes. And we look at the many other steps you can take to support your beneficial bacteria, from avoiding unnecessary antibiotics**

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**to changing the way you think about dirt and germs. Even the choices you make about how you bring your children into the world can have an impact on your family's microbiomes. In The Lose Your Belly Diet, we'll**

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**cover all the bases, giving you everything you need to know to make dramatic changes in your GI health, your weight, your belly fat, and your overall health.**

**"Wanna Read But Not Enough Time? Then, grab a**

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**Speedy Reads of Lose Your Belly Diet by Travis Stork Now! Here's a sample of what you'll see inside the book: Travis Stork makes it clear that his reason behind writing The Lose Your Belly Diet is that the information**

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**concerning how food leaves an impact on health and weight is going through a constant mode of evolution. Also, the knowledge surrounding human gut microbiome and its impact on weight and health is going**

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**through continuous evolution as well, which is extremely significant in this context" \*this is an unofficial summary of Lose Your Belly Diet by Travis Stork meant to enhance your reading experience. It is not endorsed,**

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**affiliated by Lose Your Belly Diet  
or Travis Stork. It is not the full  
book. Download And Start  
Reading Now - Even if it's 3 AM!  
Hurry, Limited Quantities  
Available! \*Bonus Section  
Included\* 100% Satisfaction**

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**Guaranteed or your money back!**  
**The Belly Fat Diet Cookbook**  
**More than 150 Recipes to Help**  
**You Lose Weight and Stay**  
**Healthy for Life**  
**Zero Belly Smoothies**  
**150+ Delicious Recipes to**



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**Flatten Your Belly, Turn Off Your  
Fat Genes, and Help Keep You  
Lean for Life!**

**The 21-Day Belly Fix**

**The Lean Belly Prescription**

**An Essential Five-Step Practice  
for Overcoming Anxiety and**

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## **Depression, and Revitalizing Your Life**

### **Don't Be That Girl**

Offers "quick and easy meals  
you can find or make anywhere  
you go using your favorite  
everyday brand-name foods"--

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We want to be healthy. We want to be lean. And we want to lose that annoying fat around our bellies. Now we can! The Lose Your Belly Diet is built around a very clear, research-based concept: eating

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food that nourishes and protects the microbes in your gut paves the way for weight loss and a slimmer middle. Most importantly, having great gut health is linked to good health and wellbeing

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throughout your body. Scientists in this rapidly growing field are finding connections between the gut microbiome and a healthy immune system and gastrointestinal system, as well

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as autoimmune diseases (such as rheumatoid arthritis and inflammatory bowel disease), allergies and asthma – even cancer. And with every study that is published, they are convinced that a healthy gut

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leads to a healthy body. Indeed, when your gut is happy, your skin glows with health and you look and feel younger. The Lose Your Belly Diet includes meal plans, diet recommendations and recipes,

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giving readers everything they need to make dramatic changes in their GI health, their weight, their belly fat, and their overall health.

Men take better care of their cars than they do their own



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bodies, finding health information too technical, scary, or boring. Written and designed in a guy-friendly manner--think of a cross between an owner's manual to a vintage muscle car and a Boy

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Scout handbook--The Better Man Project aims to change that with a practical health guide to help men achieve the holy grail of a well-lived life. In response to its readers' calls for more health content in the

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manner that they've come to expect from Men's Health, here is straightforward, personal information delivered with a double-shot of humor. Baby boomers and millennials alike will respond to the promise of

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leaner, stronger, healthier  
longevity. Features include: □  
Health and fitness self-tests so  
readers see how they measure  
up to other guys their age □ A  
decade-by-decade cheat sheet  
for diagnostic tests men must

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have □ Special reports on testosterone supplementation, telomere protection, reversing diabetes and heart disease, and preventing dementia □ A troubleshooter's guide to common ailments and quick

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fixes □ A simple plan for losing weight and preserving muscle mass □ Answers to 50 questions men are afraid to ask their doctors Readers who seize this moment and follow the world-class tips in this book

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can expect the next 40, 50, or more years of their lives to be the most active, fun, and satisfying ever.

Young goodlooking ER medic Travis Stork MD was a hit on the US reality TV dating show,

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'The Bachelor'. As a doctor he has found himself listening to countless stories about relationships, hearing tales of low self-esteem and desperate behaviour. He has now combined his personal and



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professional expertise to provide a fresh new take on male/female dynamics. In Don't Be That Girl, Travis identifies 8 types of women who tend to make the same mistakes again and again, and

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he offers constructive, upbeat advice on how to avoid being 'That Girl'. He cleverly and wittily takes us through all the archetypes: Agenda Girl, Drama Queen Girl, Bitter Girl, Desperate Girl, Yes Girl,

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Insecure Girl, Lost Girl and Working Girl, while encouraging women to defeat their insecurities and learn to feel confident just being themselves. Travis Stork exudes down-to-earth charm

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and has an irresistible style of writing that entertains as well as enlightens and is never patronising. He is a passionate advocate of healthy relationships and wants women to stop falling victim to self-

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defeating behaviour and find  
their own fairy-tale ending.

Change Your Gut, Change Your  
Life

The 14-Day Plan to Flatten  
Your Belly, Crush Cravings, and  
Help Keep You Lean for Life

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The Lose Your Belly Diet  
DASH Diet For Dummies  
The Lose Your Belly Diet -  
Sam's Club Edition  
Flat Belly Cookbook For  
Dummies  
Stop & Drop Diet

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The Metabolism Miracle

***Trim away your belly fat  
with a healthful and  
delicious diet. Achieving a  
flat stomach is not about  
doing hundreds of crunches  
or worrying about how much  
you eat; it's about what you***

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***eat. The Belly Fat Diet Cookbook provides delicious recipes and teaches you how to eat more and weigh less, so there's no need to ever go hungry. • Enjoy your favorite healthful dishes from breakfast to dessert,***



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***including Green Smoothies,  
Chicken Stir Fry, Baked Kale  
and Sweet Potato Chips,  
Almond Encrusted Salmon, and  
Berry Parfait. • Learn the  
dangers of excess belly fat,  
from its harmful impacts on  
your liver to increasing***

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*your risk of type 2 diabetes, heart disease, dementia, and stroke. • The Belly Fat Diet Cookbook offers 105 healthful recipes, tips for a successful transition to the belly fat diet, and the*

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***Belly Fat Diet Shopping  
Guide to help you minimize  
your intake of sugar and  
processed carbohydrates.  
Lose weight and lose your  
belly with The Belly Fat  
Diet Cookbook—a sustainable  
path to a longer, healthier,***

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*and leaner life. In his latest work, best-selling author John Chatham blasts the myths surrounding belly fat. The groundbreaking research in The Belly Fat Diet Cookbook reveals a science-based approach to*

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*healthful eating and looking good, and it doesn't involve starving yourself. The Belly Fat Diet Cookbook: 105 Delicious Recipes to Lose Your Belly, Shed Excess Weight, and Improve Health provides an easy-to-follow*

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*health solution that gets  
fast, visible, long-lasting  
results from the inside out.  
The fast and easy way to  
lose belly fat Lowering body  
weight can reverse or  
prevent diabetes; lower  
blood pressure, cholesterol,*

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*and triglyceride levels; and improve sleep apnea and other sleep problems. The easy recipes and exercises outlined in Belly Fat Diet For Dummies gives you the edge you need to shed unwanted pounds and gain*

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*muscle tone. Do you carry extra weight around your midsection? Belly Fat Diet For Dummies gives you practical, trusted advice for shedding it—the fast and healthy way. You'll get a proven, 14-day quick-start*



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*program that guarantees results within days: a no-gym fitness plan that starts with a fat-melting, bodyweight-only workout and progresses to more advanced exercises further toning and tightening your belly. Plus,*

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*you'll get over 40 delicious belly-burning recipes to help you manage your weight. A no-gym fitness plan that starts with a fat-melting bodyweight-only workout and then progresses to a more advanced exercises futher*

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*toning and tightening your  
belly Over 40 delicious  
belly-burning recipes Loads  
of options customized for:  
carboholics, meat lovers,  
chicken and seafood fans,  
chocoholics, fast-food  
junkies, diabetics, and*

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*vegans Includes useful tips,  
body-sculpting exercises,  
and delicious recipes using  
superfoods to help shrink  
your waistline A  
comprehensive maintenance  
plan to help you stay on  
track Belly Fat Diet For*

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*Dummies is a complete and informative guide that makes shedding weight practical and fun—with results in days.*

*The companion cookbook to Dr. Mark Hyman's revolutionary weight-loss*

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***program, the #1 New York  
Times bestseller The Blood  
Sugar Solution 10-Day Detox  
Diet, with more than 150  
recipes for immediate  
results! Dr. Hyman's  
bestselling The Blood Sugar  
Solution 10-Day Detox Diet***

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*offered readers a step-by-step guide for losing weight and reversing disease. Now Dr. Hyman shares more than 150 delicious recipes that support the 10-Day Detox Diet, so you can continue on your path to good health.*

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*With easy-to-prepare,  
delicious recipes for every  
meal - including breakfast  
smoothies, lunches like  
Waldorf Salad with Smoked  
Paprika, and Grass-Fed Beef  
Bolognese for dinner -- you  
can achieve fast and*



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*sustained weight loss by  
activating your natural  
ability to burn fat,  
reducing insulin levels and  
inflammation, reprogramming  
your metabolism, shutting  
off your fat-storing genes,  
creating effortless appetite*

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*control, and soothing stress. Your health is a life-long journey. THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET COOKBOOK helps make that journey both do-able and delicious.*

*There is a reason that some*

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*people can eat all they want  
and seemingly never gain a  
pound, while others count  
every calorie, exercise, and  
can't lose an ounce.*

*Millions of people - an  
estimated 45 percent of  
dieters - have Metabolism B,*

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*a condition that causes the body to over-process carbohydrate foods into excess body fat. Registered dietitian Diane Kress's scientifically based, easy-to-follow program has helped thousands of people with*

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*Metabolism B lose weight and keep it off. As someone who struggled with Metabolism B for years, Kress knows firsthand the frustration of diets that don't work. The solution? A simple, three-step, carb-controlling*

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*program that stabilizes  
blood glucose levels and  
reprograms the metabolism to  
melt away fat. The  
Metabolism Miracle starts  
working on Day 1.*

*Your Weight-Loss Plan for a  
Flat Belly, Optimum Health &*

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***a Body You'll Love at  
Midlife and Beyond  
The Doctor-Designed Diet  
Plan for a Clean Gut and a  
Slimmer Waist***

***Track Your Path Back to  
Health***

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***Lose Up to 16 lbs. in 14  
Days!***

***Zero Belly Diet***

***The 17 Day Diet Cookbook***

***Myths and Stories of the  
Wild Woman Archetype***

**NEW YORK TIMES BESTSELLER •**

Lose up to a pound a day and curb



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your craving for sweets with  
delicious recipes and simple,  
science-based food swaps from  
David Zinczenko, NBC ' s health  
and wellness contributor and  
bestselling author of Zero Belly  
Diet, Zero Belly Smoothies, and Eat

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This, Not That! With Zero Sugar Diet, #1 New York Times bestselling author David Zinczenko continues his twenty-year mission to help Americans live their happiest and healthiest lives, uncovering revolutionary

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new research that explains why you can ' t lose weight—and shows that it ' s not your fault! The true culprit is sugar—specifically added sugars—which food manufacturers sneak into almost everything we eat, from bread to

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cold cuts to yogurt, peanut butter, pizza, and even “ health ” foods. Until now, there ’ s been no way to tell how much added sugar you ’ re eating—or how to avoid it without sacrifice. But with the simple steps in Zero Sugar Diet,

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you 'll be able to eat all your favorite foods and strip away unnecessary sugars—losing weight at a rate of up to one pound per day, while still enjoying the sweeter things in life. By replacing empty calories with

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essential ones—swapping in whole foods and fiber and swapping out added sugars—you ' ll conquer your cravings and prevent the blood sugar surge that leads to some of the worst health scourges in

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America today, including abdominal fat, diabetes, heart disease, cancer, liver disease, fatigue, and tooth decay. And all it takes is 14 days. You ' ll be stunned by the reported results: Lisa Gardner, 49, lost 10 pounds

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Tara Anderson, 42, lost 10 pounds  
David Menkhaus, 62, lost 15  
pounds Ricky Casados, 56, lost 12  
pounds You, too, can melt away  
belly fat, boost your energy levels  
and metabolism, and take control  
of your health and your life, armed



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with a comprehensive grocery list of fresh produce, proteins, whole grains, and even prepared meals, accompanied by two weeks ' worth of fiber-rich breakfast, lunch, dinner, and snack recipes and real-life results from successful

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Zero Sugar dieters. The fat-burning formula for long-term weight loss and optimal health is at your fingertips. Join in the crusade and say goodbye to added sugars—and goodbye to your belly—with Zero Sugar Diet! Praise

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for Zero Sugar Diet “ Zero Sugar Diet targets an easily identifiable enemy, comparing excess sugar in our diet to a deadly virus. . . . Well, that got my attention. ” —The New York Times Book Review “ A user-friendly guide [that provides]

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a wealth of helpful information and tools for those wishing to limit added sugars in their diet. ” —Library Journal “ This plan is informative and entertaining (e.g., a chart converts common meals to their equivalent

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in donuts; ‘ an open letter from  
your pancreas ’ ) and will help  
readers rein in cravings and  
become savvy monitors of added  
sugar consumption. ” —Publishers  
Weekly

Lose weight and love it with 150+

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amazingly tasty recipes and smart tips to stay on track. Cooking that Counts delivers sustainable 1,200-1,500 calorie-controlled meal plans packed with tasty food in an easy-to-use format. Unlike other weight-loss plans that rely

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on processed meals and preportioned snacks, the Cooking Light solution emphasizes delicious meals prepared with whole, natural foods and teaches proper portion sizes to ensure you lose weight and keep it off, for life.

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With more than 150 recipes, readers will enjoy menu variety (hopefully picking up some new favorite recipes along the way!) as well as some flexibility to enjoy desserts and alcohol while still losing weight. More than just a



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cookbook, the Cooking Light editors offer suggestions throughout to create full meals that meet daily calorie goals, as well as providing simple serving suggestions for sides to help readers stay on track without

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feeling deprived. Readers will find information about fresh, convenient options for when time is tight, including suggestions for healthy readymade foods, shopping guidance, and make-ahead tips.

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Belly fat: Either you have it, or you are doing everything you can to keep it off. Despite what the headlines on the newsstands claim, achieving a flat stomach is not a ten-minute transformation; it's a lifestyle transformation. In his

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latest work, bestselling author John Chatham blasts the myths surrounding belly fat. The groundbreaking research in The Belly Fat Diet reveals a science based approach to healthy eating and looking good, and it doesn't

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involve starving yourself. Achieving a flat stomach is not about doing hundreds of crunches or worrying about how much you eat; it's about what you eat. The Belly Fat Diet teaches you how to eat more and weigh less, so there's no need

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to ever go hungry.It's common knowledge that obesity is dangerous to your health, but did you know that belly fat is the deadliest fat on your body? Belly fat increases your risks of heart disease, diabetes and other

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chronic illnesses. • Discover the scientific secrets to why eating when you are hungry actually leads to shedding weight and stomach fat • The Belly Fat Diet offers workouts, healthy meal plans and a shopping list to help

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you minimize your intake of sugar and processed carbohydrates• Fight disease with a few easy steps that will help reduce your risk of diabetes and heart disease• Learn how to break the cortisol cycle and reverse insulin resistance• Gain



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scientific insights into the  
supplements that work and those  
that don't

The Lose Your Belly Diet Change  
Your Gut, Change Your Life Ghost  
Mountain Books

105 Easy and Delicious Recipes to

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Lose Your Belly, Shed Excess  
Weight, Improve Health  
A Novel

What to Do Each Month to Have A  
Beautiful Garden All Year

The Eat-Clean Diet Stripped  
Flat Belly Diet! Cookbook

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The Blood Sugar Solution 10-Day  
Detox Diet Cookbook

A Doctor's Complete Guide to the  
Penis--From Size to Function and  
Everything in Between

Zero Sugar Diet

Builds on the author's "Carb

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Swap System" for swapping food products that have a high sugar and carbohydrate content for healthy foods, offering swaps for such quick and easy foods as restaurant meals and microwave dinners.

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Lower your blood pressure in just two weeks with the #1 rated diet When high blood pressure becomes chronic, it's called hypertension—a condition that affects 970 million people worldwide, and is classified by the

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World Health Organization as a leading cause of premature death. While medications can help, nothing beats dietary and lifestyle modifications in the fight against high blood pressure, and the DASH diet is a powerful tool in

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your arsenal. Focusing on lowering sodium intake and increasing fiber, vitamins, and minerals can help lower your blood pressure in as little as two weeks. It's no wonder that the DASH Diet is ranked as the number 1 diet

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for three years in a row and is endorsed by the American Heart Association, The National Heart, Blood, and Lung Institute, and The Mayo Clinic. DASH Diet for Dummies is your ultimate guide to taking control of



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your body once and for all. Originally conceived to alleviate hypertension, the DASH Diet has been proven effective against a number of conditions including Type 2 diabetes, metabolic syndrome, PCOS, weight loss,

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and more. DASH Diet for Dummies contains all the information you need to put the diet into practice, including: Over 40 DASH-approved recipes, including meals, snacks, and desserts  
100+ DASH-approved foods,

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including meats, seafood,  
sweets, and more Tips for  
navigating the grocery store  
and choosing healthier fare  
A 14-day Menu Planner to  
help you get started today  
The DASH Diet is built upon  
the principles of healthy

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eating and getting the most nutritional bang for your buck. Doctors even recommend DASH to their healthy patients as an easy, stress-free way to adopt the food habits that will serve them for life. DASH Diet for

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Dummies is your roadmap on the journey to good health, so get ready to start feeling better every day.  
NEW YORK TIMES BESTSELLER  
Eat the World's Most Delicious Foods—and Start Dropping Pounds Today!

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Discover thousands of shocking food truths to help flatten your belly fast—and get you on the path to better health! NBC News health and wellness contributor Dave Zinczenko, author of the multimillion-

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copy bestselling Eat This,  
Not That! series, blows the  
lid off the bizarre,  
unnecessary, and shocking  
ingredients in many common  
brands, and shows you how  
making smart choices about  
the foods you love—including

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burgers, pizza, and  
chocolate—can help you lose  
weight, drop blood pressure,  
boost your immune system,  
and more. Discover how you  
can EAT IT! to help . . .  
BEAT IT! WEIGHT GAIN! IHOP's  
Chicken and Spinach Salad



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has as many calories as 6 Klondike Bars! Good news: A similar salad at another restaurant will save you more than 1,200 calories! BEAT IT! MOODINESS! Some dark chocolate brands contain polyphenols, the

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near-magical nutrients that improve learning and memory, boost mood, and lower stress levels. BEAT IT! HIGH BLOOD SUGAR! Can you believe there's oatmeal on the market with as much sugar per serving as 13 Hershey's

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Kisses? Change your  
breakfast order and start  
taking control of your blood  
sugar levels today! With Eat  
It to Beat It!, better  
living starts right now!  
Praise for Eat It to Beat  
It! "David Zinczenko

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provocatively exposes what's in our food, so grab a fork and start indulging your way back to health with his advice."—Mehmet Oz, M.D.

"Dave Zinczenko's investigations into the truth about our food make

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him one of the top nutrition experts in America. Eat It to Beat It! is an essential guidebook for anyone with an appetite for eating and living well.”—Travis Stork, M.D., co-host, The Doctors  
NEW YORK TIMES BESTSELLER •

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Lose up to 16 Pounds in 14 Days with Zero Belly Smoothies! Watch the pounds disappear—with the press of a button! That's all it takes to blend up a Zero Belly Smoothie, a unique mix of supernutrients that will

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flatten your gut, boost your metabolism, heal your digestive system, and turn off your fat genes for good. With fat-burning proteins and a specially selected array of high-powered fruits and vegetables, Zero Belly

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Smoothies—based on the New York Times bestseller Zero Belly Diet—are the fastest and most delicious ways ever created to sip off the pounds! Inside you'll find a complete shopping guide, a bonus cleanse program, and



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more than 100 intensely  
flavorful recipes, including  
tasty green drinks, fresh  
and fruity smoothies, nutty,  
chocolatey shakes, and  
savory surprises. Zero Belly  
Smoothies will help you •  
Lose up to 16 pounds in 14

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days.

- Melt away stubborn fat, from your belly first.
- Put an end to bloating and discomfort.
- Detox from unhealthy foods so you enjoy all-day energy.
- Turn off your fat storage genes and make long-term weight loss

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effortless. • Look and feel younger and healthier than ever!

Summary of Lose Your Belly Diet by Travis Stork- Finish Entire Book in 15 Minutes  
The Lose Your Belly Diet - Wal-Mart Edition

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80 All New Recipes for  
Healthy Weight Loss  
3 Easy Steps to Regain  
Control of Your Weight ...  
Permanently  
Dr. Travis Stork's STAT  
Program to Help You Lose  
Weight & Restore Health

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Banish Belly Fat-and Take  
Back Your Health-While  
Eating the Brand-Name Foods  
You Love!

Lose Your Belly, Shed Excess  
Weight, Improve Health  
A Jump-Start Plan and 75  
Delicious Recipes for Weight

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Loss

SOON TO BE A MAJOR MOTION  
PICTURE The stunning  
Booker Prize-winning novel  
from the author of Amnesty  
and Selection Day that  
critics have likened to

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Richard Wright's Native  
Son, The White Tiger  
follows a darkly comic  
Bangalore driver through  
the poverty and corruption  
of modern India's caste  
society. "This is the

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authentic voice of the  
Third World, like you've  
never heard it before”  
(John Burdett, Bangkok 8) .  
The white tiger of this  
novel is Balram Halwai, a  
poor Indian villager whose



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great ambition leads him to the zenith of Indian business culture, the world of the Bangalore entrepreneur. On the occasion of the president of China's impending trip

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to Bangalore, Balram  
writes a letter to him  
describing his  
transformation and his  
experience as driver and  
servant to a wealthy  
Indian family, which he

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thinks exemplifies the contradictions and complications of Indian society. Recalling The Death of Vishnu and Bangkok 8 in ambition, scope, The White Tiger is

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narrative genius with a mischief and personality all its own. Amoral, irreverent, deeply endearing, and utterly contemporary, this novel is an international

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publishing sensation—and a  
startling, provocative  
debut.

Presents a comprehensive  
guide to achieving and  
maintaining good health,  
sharing easy-to-follow

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advice and challenging  
common beliefs about such  
topics as raw foods, daily  
water intake, and the  
impact of microwaving on  
nutrition.

The Doctor's Diet is way

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more than just an eating plan: It's a blueprint for a longer, healthier, happier life! The Doctor's Diet is the solution to unhealthy eating, an American epidemic with a

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death toll higher than that of car accidents, drug abuse, smoking, and gun violence combined. Here, Dr. Stork offers a flexible and workable diet plan that addresses this



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health crisis by helping you lose weight, restore your health, and ultimately add years to your life. Because Dr. Stork understands the urgency of this weight

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crisis, he created a simple 14-day jump-start STAT plan so that you can begin losing weight right away. Readers will be inspired by Dr. Stork's encouragement, and will

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establish healthy new eating habits with great-tasting meals, easy-to-follow recipes, and enough flexibility that anyone can follow along, from vegetarians to meat-eaters

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and everyone in between!

This is a diet that can  
work for you.

Your guide to all types of  
gardening in the Sunshine  
State. Written by beloved  
Florida gardening expert

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Tom MacCubbin, Florida  
Month-by-Month Gardening  
is the perfect companion  
book to our Florida  
Getting Started Garden  
Guide. Inside, MacCubbin  
presents a foolproof

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monthly breakdown of  
exactly what you should  
plant in Florida's  
peninsular climate,  
exactly when you should  
plant it for the best  
seasonal success, and

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exactly how to take care of it. From annuals to vegetables, lawns, trees, and perennials, this book is as straightforward as it gets: simply look up any given month and you'll

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find a complete gardening  
guide for every plant  
category, with advice for  
planning, planting, care,  
watering, fertilizing, and  
overcoming problems  
typically encountered by



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Florida gardeners during that time of year. Of course, like our other gardening guides, Florida Month-by-Month Gardening is fully illustrated with gorgeously colored "here's

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how" step-by-step and  
plant photography. So  
whether you're hoping for  
violets in Tallahassee,  
planting a Simpson's  
stopper in Orlando, or  
simply wondering where (or

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when) to start, Florida  
Month-by-Month Gardening  
helps you take your first  
steps toward mastering the  
Florida gardening  
landscape. For our full  
introduction to gardening

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in Florida, we also  
recommend companion books  
Florida Getting Started  
Garden Guide and Florida  
Fruit & Vegetable  
Gardening.

200 New MUFA Recipes

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The Fast and Foolproof  
Diet and Weight-Loss Plan  
from America's Top Urgent-  
Care Doctor  
Lose Your Belly Fat  
Cookbook  
Florida Month-by-Month

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Gardening

Lose Up to 5 Lbs in 5 Days

The Belly Fat Diet

The Self-Healing Mind

1,200- to 1,500-Calorie

Meal Plans to Lose Weight

Deliciously

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New York Times Bestseller

Stop—and even reverse!—age-related weight gain and muscle loss with the first-ever weight-loss plan specifically designed to shrink your belly, extend your life, and create your healthiest self at mid-life and

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beyond. You don't have to gain weight as you age. That's the simple yet revolutionary promise of The Whole Body Reset, which uncovers why standard diet and exercise advice stops working for us as we approach midlife—and



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reveals how simple changes to the way we eat can halt, and even reverse, age-related weight gain and muscle loss. The Whole Body Reset presents stunning new evidence about the power of protein timing for people at

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midlife research that blows away current government guidelines, refutes the myth of slowing metabolisms and "inevitable" weight gain, and changes the way people in their mid-forties and older should think about food. The Whole

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Body Reset explains in simple, inspiring terms exactly how our bodies change with age, and how eating to accommodate those changes can make us respond to exercise as if we were twenty to thirty years younger. Developed by

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AARP, tested by a panel of more than 100 AARP employees, and approved by an international board of doctors, nutritionists, and fitness experts, The Whole Body Reset doesn't use diet phases, eating windows, calorie restriction, or

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other trendy gimmicks. Its six simple secrets and scores of recipes are easy to follow, designed for real people living in the real world. A dining guide even shows how to follow this program in popular restaurants from

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McDonald's to Starbucks to Olive Garden. And best of all: It works! "The 17 Day Diet offers a lifetime plan for shedding pounds fast in a safe and lasting way with a diverse list of foods recommended in every phase and healthy recipes that will

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help readers lose weight fast, and keep it off."--Provided by publisher. In his #1 New York Times best seller, *Wheat Belly*, Dr. William Davis shared his provocative revelation that wheat is the single biggest contributor to our nation's

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obesity epidemic and a host of other medical concerns—and that eliminating wheat from our diets is key to ensuring our nation's health now and in the future. With the Wheat Belly Journal, readers now have the essential tool to help track



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their path to a wheat-free life and rid themselves of belly fat for good. Including wheat belly guidelines, a full week's worth of menus, and tips to maintain a wheat-free life, this beautifully designed journal gives readers all the space they need to

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record their favorite Wheat Belly meals and their progress as they eliminate wheat from their diets. Getting rid of the last 10 pounds is the hardest part of losing weight because your body wants to hang on to them. So many people

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exercise and eat right, but those pounds refuse to budge and they have no idea why! Author Tosca Reno shares the slim-down secrets of fitness models and celebrities, teaching readers how to finally lose that last 10 pounds and keep it off

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for good. Bonus! 50 new Eat-Clean recipes!

Belly Fat Diet For Dummies

The Penis Book

Your Foolproof Plan to Get That Man

Wheat Belly Journal

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Zero Belly Cookbook

The Whole Body Reset

The Doctor's Diet

*Slim your belly and boost  
body health and  
wellness--while eating foods  
you love. Lose Your Belly  
Fat Cookbook features a*

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*comprehensive two-week meal plan, and 75 easy recipes that are not only delicious but also scientifically designed to shrink your waistline while keeping you full and energized.*

*The fast and easy way to get*

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*a flatter belly Tens of thousands of Americans have changed their bodies—and their lives—with the help of the recipes and guidelines developed to eliminate body fat. Flat Belly Cookbook For Dummies includes an overview*

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*of the belly fat; grocery shopping and pantry stocking tip; delicious, nutritious, and even kid-friendly flat belly recipes. All 125 recipes are carefully developed by America's Belly Fat Fighter to make sure*



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*every meal includes just the right amount of belly-flattening monounsaturated fatty acids (or MUFAs), found in nuts and seeds, vegetable oils, olives, avocados, and dark chocolate, so you can mix*

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*and match meals to suit your taste. Explains the importance of replacing sugars, saturated fats, and trans fats with whole grains, lean proteins, and fiber Teaches you how to effectively structure your*

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Your Belly Diet Before After  
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*diet, practice good  
nutrition, and drop belly  
fat at the same time  
Includes 125 flat belly  
recipes If you're looking to  
shed fat and tone your  
midsection through diet and  
exercise, Flat Belly*

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*Cookbook For Dummies has you covered.*

*Self-care is a powerful, evidence-based medicine for the mind. Mental health is the driving force behind every decision we make—how we live, work, and love.*

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*Many of us suffer from depression and anxiety, which impede our choices and quality of life, and despite the proliferation of prescription drugs, the numbers are growing across the globe. But there is*

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*another, proven way to  
achieve mental wellness,  
beyond antidepressants and  
talk therapy. Practicing  
psychiatrist Gregory Scott  
Brown believes that mental  
health begins with  
actionable self-care. The*

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*Self-Healing Mind is a holistic approach to emotional and psychological healing that focuses on how evidence-based self-care strategies can be used to improve and sustain mental health. Dr. Brown challenges*

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*the current state of mental health care and the messaging around it, showing us how to move past outdated notions of “broken” brains and chemical imbalances. While he agrees that prescription drugs and talk*



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*therapy in many cases are important for healing, his personal and professional experience has taught him that lifestyle interventions are also key to sustainable mental wellness. Dr. Brown's clinical philosophy supports*

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*an integrative approach that combines conventional treatments (medication and psychotherapy) with what he calls the Five Pillars of Self-Care: breathing mindfully, sleep, spirituality, nutrition, and*

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*movement. These purposeful lifestyle practices, backed by science and proven in his clinical practice, can be adopted by everyone. Dr. Brown's advice and insight put the power of healing back in your control.*