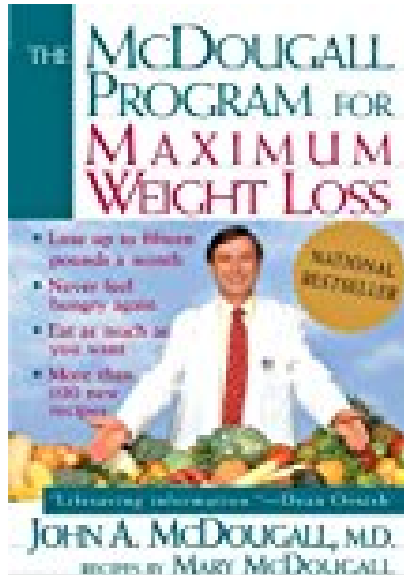


The McDougall Program for Maximum Weight Loss



BOOK DETAILS

- Author : John A. McDougall
- Pages : 336 Pages
- Publisher : Plume
- Language : English
- ISBN : 0452273803

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BOOK SYNOPSIS

Bestselling author of *The Starch Solution* and *The Healthiest Diet on the Planet* “You never have to be fat or hungry again.”—Your Health Lose weight, eat as much as you want, feel healthy, and look great. This may sound like an impossible dream, but with *The McDougall Program for Maximum Weight Loss* it is a dream come true for thousands of people. In this groundbreaking book, Dr. John A. McDougall draws on the latest scientific and medical information about nutrition, metabolism, and hunger to provide a simple weight-loss plan. Feature more than 100 healthy and delicious recipes by Mary McDougall, packed with all the information and encouragement you need, this total weight-loss program also brings you:

- Studies and documentation on the McDougall approach
- The secrets of carbohydrates, your metabolism, and weight loss
- The truth about fat—in your diet and on your body
- Complete McDougall menu plans and cooking methods
- Supermarket shopping guides
- How to deal with eating disorders
- Dining-out information, and more

“Its rewards include not just a slimmer figure but enhanced physical vitality, mental clarity, and self-esteem.”—Bookpage From the Trade Paperback edition.

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