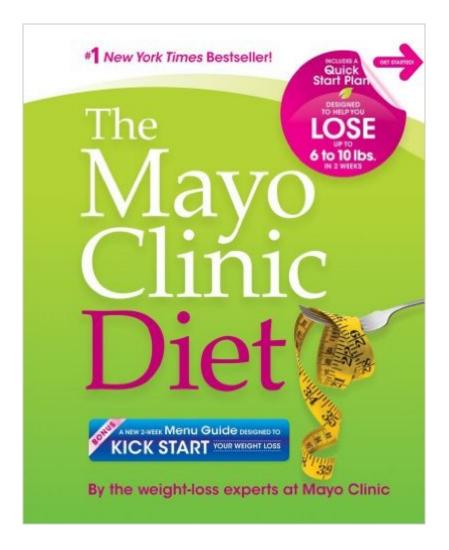
The book was found

# The Mayo Clinic Diet: Eat Well. Enjoy Life. Lose Weight.





## Synopsis

Now in paperback! The #1 New York Times bestseller with a brand-new, two-week menu guide designed to kick-start your weight loss. From Mayo Clinic, a leading authority on health and nutrition, comes The Mayo Clinic Diet, designed to be the last diet you'll ever need. In two simple phases, you'll be on the road to a healthy weight for the rest of your life. Packed with lots of extra encouragement—meal planners, recipes, tips for overcoming challenges, starting an exercise plan, and much more—The Mayo Clinic Diet gives you everything you need in one book. Toss out the scales and calculators and pick up the foods you love. This is the diet you've been waiting for!

## **Book Information**

Paperback: 272 pages Publisher: Da Capo Lifelong Books; 1 edition (January 1, 2013) Language: English ISBN-10: 1561487775 ISBN-13: 978-1561487776 Product Dimensions: 7.4 x 0.7 x 9.1 inches Shipping Weight: 1.4 pounds (View shipping rates and policies) Average Customer Review: 4.0 out of 5 stars Â See all reviews (661 customer reviews) Best Sellers Rank: #6,616 in Books (See Top 100 in Books) #34 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #69 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #97 in Books > Health, Fitness & Dieting > Nutrition

#### **Customer Reviews**

I have read through this book and find it to be a fascinating easy to follow program that will produce results!The Mayo Clinic Diet Book starts out with a 2 week period of ADDING 5 Habits - BREAKING 5 Habits and ADOPTING 5 Habits. What I love about this method is that it is doable. That's right... it is simple steps that the journal (I love the journal!) helps you calculate and keep up on day to day.The Journal has a Habit Tracker within it so you can put in your starting weight... and check off the habits you are applying each day. This is great for someone wired like me as I have to have the visual in front of me.... plus, I like goals... and challenges...With great habits to remember like eating a healthy breakfast, fruits and vegies daily, eating whole grains, healthy fats - and my favorite habit: MOVE! That's right - get out there and well, MOVE! :)In the two week period you will also be encouraged to break 5 habits and this is good to doccument as well - like no eating while watching

TV (guilty!), No sugar, no snacks, only moderate meat and dairy, and no eating at restaurants.Now this is just part of the journal habits to break. In the two week period if we focus on breaking these habits we are on our way to new and healthier ways to enjoy life... The back of the book has a break down of good carbs and healthy choices as well as recipes. This book will be one I can refer to again and again!The book talks about what motivates us... find what will give you an ongoing, burning desire to succeed. For me - I love being fit. I feel better about myself, I have more energy and I am just better. I dont know any other way to describe it. In September of this past year I fell a little off my routine and have yet to get back into where I was.

#### Download to continue reading...

The Mayo Clinic Diet: Eat well. Enjoy Life. Lose weight. Mayo Clinic Critical Care Case Review (Mayo Clinic Scientific Press) Mayo Clinic Internal Medicine Board Review (Mayo Clinic Scientific Press) Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Mayo Clinic The Menopause Solution: A doctor's guide to relieving hot flashes, enjoying better sex, sleeping well, controlling your weight, and being happy! Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, ... Belly, Tea Cleanse Diet, Weight Loss, Detox) A Guide to Juicing, Raw Foods & Superfoods: Eat a Healthy Diet & Lose Weight (Reluctant Vegetarians) Perfect Health Diet: Regain Health and Lose Weight by Eating the Way You Were Meant to Eat The Fast Metabolism Diet: Eat More Food and Lose More Weight Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 Mayo Clinic Guide to Your Baby's First Year: From Doctors Who Are Parents, Too! Mayo Clinic Guide to a Healthy Pregnancy: From

Doctors Who Are Parents, Too! The Mayo Clinic Breast Cancer Book Mayo Clinic Essential Guide To Prostate Health

<u>Dmca</u>