



## Mayo Clinic Diet: Eat Well. Enjoy Life. Lose Weight. (Paperback)

By Mayo Clinic

GOOD BOOKS, United States, 2013. Paperback. Book Condition: New. First Trade Paper ed. 231 x 188 mm. Language: English . Brand New Book. 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!.



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