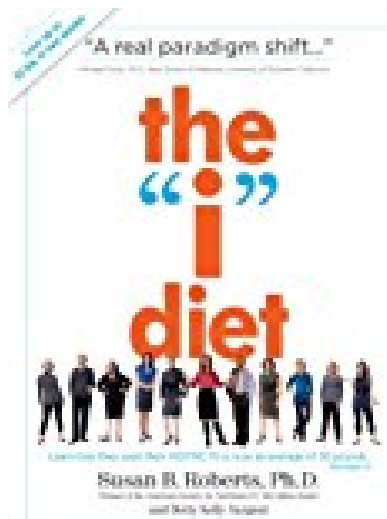


# The I Diet Use Your Instincts to Lose Weight--and Keep It Off--Without Feeling Hungry

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## BOOK DETAILS

- Author : Susan B. Roberts
- Pages : 349 Pages
- Publisher : Workman Publishing Company
- Language : English
- ISBN : 076115874X

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## BOOK SYNOPSIS

Originally published in 2008 in hardcover, Dr. Susan Roberts's groundbreaking Instinct Diet was universally praised as superb. From Jane E. Brody in The New York Times: "Perhaps the most comprehensive approach to eating for effective weight control." From Womens World: "Obesity cure!" From world-class nutritional researchers and scientists: "A real paradigm shift;" "wise guidance along the road to long-term weight management;" "an honest, straightforward and helpful guide." And not to mention from Harvard's Henry Louis Gates Jr., who recommends the book to "anyone who has struggled with weight gain or obesity, and has given up hope. This diet will change their life." Now in paperback, featuring a new chapter highlighting success stories, with before and after photos, The "I" Diet is the only diet that helps us control the controls. The diet that's easy to follow; the diet that's based on impeccable laboratory research; the diet where the dieter never goes hungry; the diet that is unequivocally healthy, thoroughly grounded in the metabolic, genetic, and psychological workings of the human body. Through its focus on delicious, deeply satisfying dishes like Orange Crumbed French Toast, Grilled Pork Tenderloin, Thai Chicken Salad with Warm Peanut Sauce, and Chocolate Bread Pudding, and proven behavioral modifications (Dr. Roberts is a professor of nutrition and a professor of psychiatry), the diet is a fat-burning marvel. Read it and find out for yourself how the dieters on the cover lost 30 pounds on average in a few short months.

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