



## The Spark Solution: A Complete Two-Week Diet Program to Fast-Track Weight Loss and Total Body Health

By Becky Hand, Stefanie Romine

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 221 x 142 mm. Language: English . Brand New Book. From the experts behind the New York Times bestseller The Spark and the creators of comes The Spark Solution, a breakthrough two-week diet program deemed one of the Best Diets by U.S. News World Report. Designed to help you lose weight and optimize your health, The Spark Solution is a dynamic, comprehensive, and proven program. With an introduction by Chris Downie, founder and CEO of SparkPeople, this day-by-day guide combines the latest data and strategies on nutrition, incredibly delicious recipes, and essential workouts. The experts at SparkPeople designed this easy-to-follow regimen to deliver effective and sustainable weight loss. Thousands have already tried it, lost weight, and discovered a path to healthy living. SparkPeople has taken all the questions and bumps in the road out of the equation with The Spark Solution. There is no better way to lose weight and no better time than right now. Let these first two weeks transform your life.



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