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U.S. / John Wiley & Sons, Somerset, New Jersey, U.S.A., 2005. Hardcover. Book Condition: New. Staying Power is a blueprint for making low-carb success stick over the long haul. The Transition to Maintenance section, which includes two weeks of transition meal plans, shows readers how to move from the induction stage of the Eades' weight-loss plan to a long-term maintenance plan. The book includes a complete maintenance road map with a 365-day fill-in planner with tips, motivational quotes, and health...

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- · Authored by EADES, Michael E & Mary Dan
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