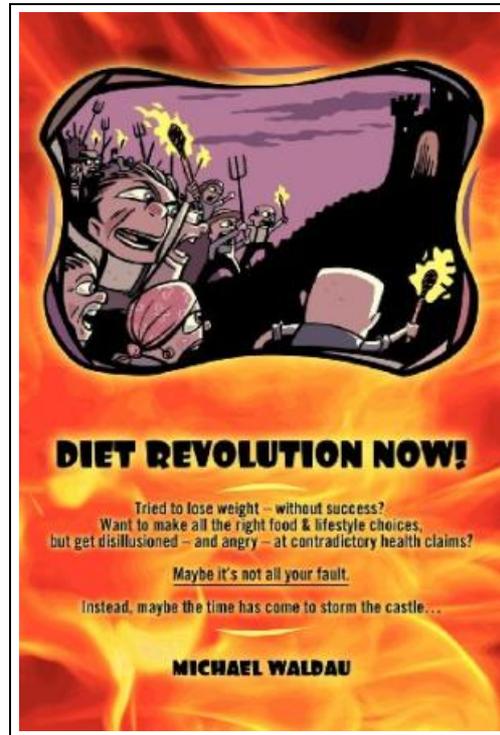


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Dog Ear Publishing, United States, 2011. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The government has failed us Cookie-cutter nutritional advice is not cutting it The diet-du-jour industry fattens its bank accounts and dieters alike Diet scams and miracle weight-loss centers come and go without lasting impact The fast food / processed food industrial complex is more interested in getting us addicted to empty-calorie / high-profit foods than providing even minimally healthy fare And while the food industry and government agencies orchestras continue to fiddle, the health of Americans sinks faster than the Titanic What you need is a comprehensive strategy, a master plan that trumps Spartan discipline or uber-willpower, which nobody can muster day-in, day-out for years on end. You ll find the weapons you need in the fight against obesity and towards a new you throughout the entire book. All you need is the desire to take control of your life and health again. Michael Waldau - Background Born into the culinary epicenter of Vienna, in skiing-obsessed Austria, Michael developed a keen interest in nutrition - related matters and an active lifestyle early in life. Eventually this led to a self-taught education on these subjects. He became a certified Personal Trainer and Sports Nutritionist, and has been an ACE-certified Lifestyle and Weight Management Coach since 1997. When he had to start rehab exercises after a long-delayed knee operation, he didn t stop when the healing process was completed. Instead, he kept going, and 20-plus years later Michael has participated in hundreds of races, including six sub-3 marathons, 18 Ironman-distance events (and counting), qualified for Kona 4 times, and competed at countless other triathlons, duathlons, bicycle races and swim meets. He has been listed as USA Triathlon Honorable...



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