



The 4-Day Win: Change the way you think about food and your body in just 4 days (Paperback)

By Martha Beck

Little, Brown Book Group, United Kingdom, 2008. Paperback. Condition: New. Language: English . Brand New Book. The 4-Day Win is a diet book with a difference. Martha Beck has spent years studying social behaviour and she believes that the key to losing weight is learning to adjust our behaviour patterns and the way we think about food. Research shows that if you change the way you act and behave over a four day period it will be much easier not to slip back into bad habits. Accordingly, The 4-Day Win is a series of short four-day programmes to help you gradually change the way you behave toward food and weight loss. Martha Beck explains that if you go through these preparatory stages prior to actually beginning your diet then when you start to diet you ll find it much easier to adjust to eating less. Chapters include:* How to Stop Eating When You Can t Stop Eating* The Most Important Weight Loss Skill in the History of the Universe* Researching Your Life. The 4-Day Win is fun to read and full of new ideas that are effortless to try and which will help you modify your attitude to food which...



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