



## The Lean: A Revolutionary (and Simple!) 30-Day Plan for Healthy, Lasting Weight Loss (First Trade Paper Edition)

By Kathy Freston

Weinstein Books. Paperback. Book Condition: new. BRAND NEW, The Lean: A Revolutionary (and Simple!) 30-Day Plan for Healthy, Lasting Weight Loss (First Trade Paper Edition), Kathy Freston, If you've ever dieted, you've undoubtedly worked very hard to achieve results-only to experience the frustration of seeing the pounds creep back on. Now Kathy Freston reveals her secret: losing weight doesn't have to be a struggle, and it can last. With this book she shares the powerful concept of The Lean-a radically effective and practical 30-day plan-and shows you how to make and commit to small diet and lifestyle changes that, over time, can yield significant results. One step a day-swapping nondairy milk for cow's milk, eating an apple a day, having an afternoon power shake-can kick-start your forward momentum, lead to ever more healthy choices, and bolster your progress. On The Lean plan, readers can experience sustained, healthy, and permanent weight loss of 1-3 pounds per week-plus increased energy, improved digestion, clearer skin, and renewed purpose. The Lean offers not only the means to a truly leaner frame, but also the little push we all need to get on the path to lasting change. Complete with exercises, recipes, and powerful testimonials.



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