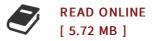




The Lean: A Revolutionary (and Simple!) 30-Day Plan for Healthy, Lasting Weight Loss (First Trade Paper Edition)

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.



Reviews

Very beneficial to all category of folks. We have study and that i am sure that i will planning to go through yet again again in the future. Its been printed in an extremely straightforward way in fact it is just soon after i finished reading this pdf where actually changed me, alter the way i really believe.

-- Emmett Mann

Comprehensive information! Its this sort of great go through. It really is rally interesting through studying time. I am just quickly can get a satisfaction of looking at a created pdf.

-- Alexandra Weissnat