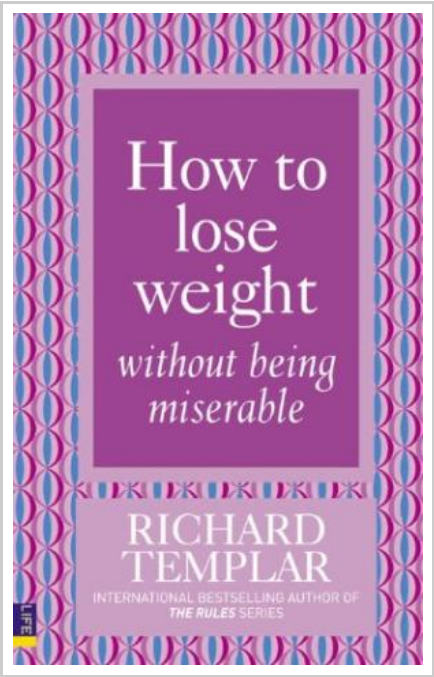


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How to Lose Weight without Being Miserable

By Richard Templar

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, How to Lose Weight without Being Miserable, Richard Templar, According to a recent Gallup poll an amazing 13 million people are on a diet at any one time, and the dieting industry is worth more than GBP2billion. But many of these dieters fail to keep off the weight they've lost and a majority just give up. What most of them need to grasp is that the key to successful dieting is actually in your head, not in your stomach and that fad, crash diets rarely have the long-term effects they're after. This book is not a diet, it's not a crazy calorie-counting and food-weighing regime, it's just a set of simple principles that you can apply to your life to help you lose a few pounds and, perhaps most importantly, keep them off for good. With his inimitable blend of originality, wisdom, common sense and straight talking, Richard Templar takes you through 100 clever, cunningly simple and pain-free ways to lose a little weight and consume less energy than you expend. It's easy to follow, requires no special equipment or adherence to complex rules, and helps you to find ways to...

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