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The Turtle Diet: The Slow and Steady Way to Lose Weight

By Kevin Carroll

Carroll Communications, United States, 2010. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Pick up just about any diet book on the market and you'll see that it's written by a doctor, nutritionist, dietitian or health guru. Not this one. Kevin Carroll takes a look at dieting not from an expert's point of view, but from a dieter's point of view. He knows that lots of diets breakdown because eating habits are tough to change, that the average person gets frustrated and gives up, and that people want to see results without a lot of sacrifice. Given that, he figured there had to be a better way. Inside this short and snappy book, you'll see that The Turtle Diet is based upon the oldest, simplest, and smartest way to lose weight - slow and steady wins the race. By allowing time to play a supporting role, you can get to where you want to go if you're willing to be patient. On the other hand, if you're looking for a quick way to lose weight, then this book is not for you.



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