



[(The Small Change Diet : 10 Steps to a Thinner, Healthier You)] [By (author) Keri Gans] published on (December, 2011)

Keri Gans

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THE ONLY "DIET" PLAN YOU WILL EVER NEED! No deprivation, no struggles. Just ten small changes that will transform your life. Keri Gans, spokesperson for the American Dietetic Association, shares her simple plan for weight-loss success that lasts a lifetime. "The Small Change Diet "isn't about creating unrealistic, unsustainable rules--like counting calories, restricting choices, or eliminating entire food groups. It's about turning smart habits into second nature. When it comes to achieving healthy, continued weight loss, the smallest adjustments often make the biggest impact. The key is mastering one new habit before expecting yourself to tackle another. Keri breaks each of the plan's ten easy steps into even smaller, more manageable solutions. The best part is that "you "decide what to focus on and when you're ready to move on. Take your time! Once you've made all ten changes, you'll be healthier and thinner--for good!

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