



The 17 Day Diet: A Doctor's Plan Designed for Rapid Results (Thorndike Large Print Lifestyles)

Dr. Mike Moreno

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A New York Times (#1), Wall Street Journal, Publishers Weekly, USA Today, Booksense and Amazon. com Bestseller -- If you need to shed pounds fast and in an effective and lasting way, this is the book for you!

Unlike many diet programs that starve you down to size, Dr. Mike Moreno's 17 Day Diet relies on proven methods to help you take weight off and keep it off for good -- whether you've got 10 or 100 pounds to lose. His revolutionary program, structured around four 17-day cycles, adjusts your body metabolically so that you burn fat day in and day out.

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