



Boosting Your Metabolism For Dummies

By Rachel Berman

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Boosting Your Metabolism For Dummies, Rachel Berman, The easy way to boost your metabolism and lose weight for good! People often wonder why their dieting and exercise efforts seem to result in little or no weight loss. Some people may have to work hard to simply maintain their current weight. With such a dilemma, they may blame their woes on a "slow metabolism". Unfortunately, there is no miracle diet that works for everyone because everyone has a unique body type and traits which impact their metabolic rate. Boosting Your Metabolism For Dummies helps you identify why your efforts have failed in the past and determine how to shift your unique metabolism into high gear by eating specific foods and performing particular exercises. Transform your mind and body for good with what Boosting Your Metabolism For Dummies offers: An explanation of common misconceptions about metabolism How to calculate and influence one's metabolic rate How to get in the right mindset and embark on the path to lifestyle change How to navigate the grocery store for metabolism boosting foods and 40+ quick and easy recipes Meal planning tips and smart strategies for...



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