



Escape the Diet Trap

By John Briffa

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Escape the Diet Trap, John Briffa, 'No need to count calories, go hungry or diet ever again' The Times This revolutionary book reveals: * Ten reasons why eating a low-fat, calorie controlled diet makes sustained weight loss virtually impossible. * Why the less hungry you are, the more weight you'll lose. * How different types of calories have different fattening potential. * Why weight is not just about calories, but the impact our diet has on key hormones including insulin and leptin. * Why you should ignore foods labelled 'low fat' or 'light'. * Why aerobic exercise has little impact on weight, and the type of exercise that does. * The simple and mental tricks to ensure permanent success.



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