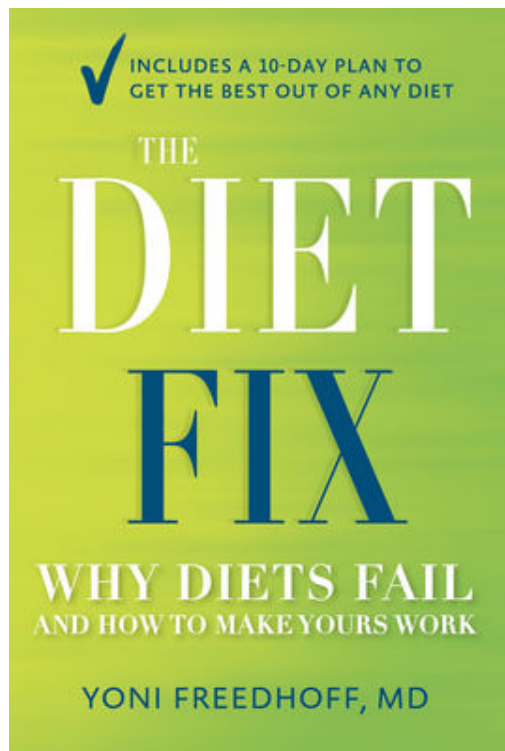


# Télécharger Livres Gratuit The Diet Fix (PDF | ePub | Mobi) Yoni Freedhoff M.D. download-free



With *The Diet Fix*, weight loss expert Dr. Yoni Freedhoff offers a groundbreaking, useable guide to begin living happily while losing weight permanently.

It is time to break the cycle of traumatic dieting. Despite the success stories publicized by Atkins, South Beach, Weight Watchers, and others, 90% of all diets end in failure. How can we fix the way we lose weight so that we make results last? Whether used on its own or in conjunction with *any other diet*, Dr. Freedhoff's program shows how to replace a toxic dieting mindset with positive beliefs and behaviors.

Dr. Freedhoff has uncovered the flawed thinking that sabotages even the most earnest weight loss efforts. The majority of dieting or weight loss programs call for regular sacrifice: Give up an entire food group; fight hunger day and night; undertake exhausting and grueling exercise regiments. These approaches are unrealistic, unhealthy, and make it nearly impossible to maintain results.

Now, at last, there is hope. In *The Diet Fix*, Dr. Freedhoff offers a tested program for breaking down the negative thought patterns that prevent people from losing weight and keeping it off. Through the course of years of research and patient treatment, he has developed a 10-Day Reset that supports losing weight while maintaining a healthy, enjoyable lifestyle. This reset is designed to eliminate the habits that so often lead to weight gain: use it to shut down cravings, prevent indulgences from turning into binges, and break up with the scale once and for all. The 10-Day Reset can make any diet more effective, whether it's low-carb, low-fat, meal replacement, calorie tracking, or anything in between.

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