



El Peso Perfecto America (Spanish Edition)

Jordan Rubin

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Jordan Rubin, the author of the New York Times best seller *La dieta del Creador* (The Maker's Diet), is back with an approach to weight management that addresses the whole person: body, mind, emotions and spirit. As obesity statistics reach epidemic rates, Americans want information that will help them stay healthy and look and feel great. Rubin presents the answer in a holistic approach that will help readers learn how to eat for their body type, age, gender and region, maximize nutrients while reducing calories, eliminate toxins inside and outside the body, learn simple steps to live a green lifestyle, and much more. Key Points: · Jordan Rubin is the New York Times best-selling author of *La dieta del Creador* (The Maker's Diet), with more than 25,500 copies sold in Spanish · Based on a landmark study conducted by Rubin in Toledo, Ohio · This 16-week program will help people learn that even in what has been called "one of the unhealthiest cities in America" the perfect weight can be achieved · Learn how diet and exercise program can be easily integrated and sustained as a lifestyle · This book contains the blueprint for what will become a Perfect Weight movement that will sweep the country · Rubin will show how to restore not only our health but our entire communities and beyond · It also includes chapters that deal with the environment: going green and "Taking Weight off the Planet"



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