



8 HOUR DIET: The 8-Hour Diet (Eight Hour Diet) (Watch the Pounds Disappear Without Watching What You Eat! (Dec 24, 2012))

David Zinczenko

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In The 8-Hour Diet, best-selling authors David Zinczenko and Peter Moore present a paradigm-shifting plan that allows readers to eat anything they want, as much as they want-and still strip away 20, 40, 60 pounds, or more. Stunning new research shows that readers can lose remarkable amounts of weight eating as much as they want of any food they want-as long as they eat within a set 8-hour time period. Zinczenko and Moore demonstrate how simply observing this timed-eating strategy just three days a week will reset a dieter's metabolism so that he or she can enter fat-burning mode first thing in the morning-and stay there all day long. And by focusing on 8 critical, nutrient-rich Powerfoods, readers will also protect themselves from Alzheimer's, heart disease, even the common cold. In the book, readers will find motivating strategies, delicious recipes, and an 8-minute workout routine to maximize calorie burn. The 8-Hour Diet promises to strip away unwanted pounds and give readers the focus and willpower they need to reach all of their goals for weight loss and life.



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