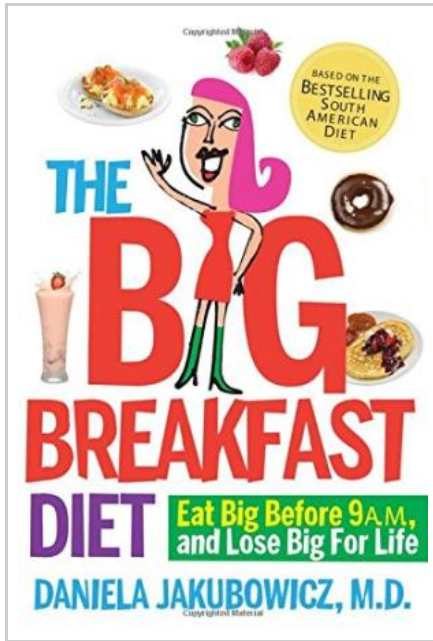




The Big Breakfast Diet: Eat Big Before 9am and Lose Big for Life

By Daniela Jakubowicz

Workman Publishing. Paperback. Book Condition: new. BRAND NEW, The Big Breakfast Diet: Eat Big Before 9am and Lose Big for Life, Daniela Jakubowicz, Dr. Daniela Jakubowicz, a clinical professor at Virginia Commonwealth University and the Hospital de Clinicas Caracas in Venezuela, originally published her diet book in Venezuela and it became a South American bestseller, selling 300,000 copies. Now after continued research, Dr. Jakubowicz presents THE BIG BREAKFAST DIET, with its promise that you can have all the foods you crave, from pasta to bacon to ice cream, with just one catch-you have to eat them before 9:00 A.M. Based on the body's natural rhythms, eating a big, complete breakfast revs up your metabolism; helps burn more calories during the day and more fat at night; satisfies hunger all day long; boosts your energy; eliminates cravings for sweets; and reduces the risk of serious health conditions like type 2 diabetes and heart disease. After explaining the science behind the diet, and how the body's hormones and metabolism process food differently depending on what time of day you eat, THE BIG BREAKFAST DIET centres around a full 28-day meal plan-breakfast, lunch, dinner, and snacks, plus recipes. The day begins with a...



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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-- **Prof. Kirk Cruickshank DDS**

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Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso's groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

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From Dare to Due Date (Paperback)

Harlequin, United States, 2016. Paperback. Book Condition: New. Not for Online.. 168 x 104 mm. Language: English . Brand New Book. THE NIGHT THEY MADE A BABY Mia Palinski had never even considered herself the kind of girl to have a one-night...



History of the Town of Sutton Massachusetts from 1704 to 1876 (Paperback)

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