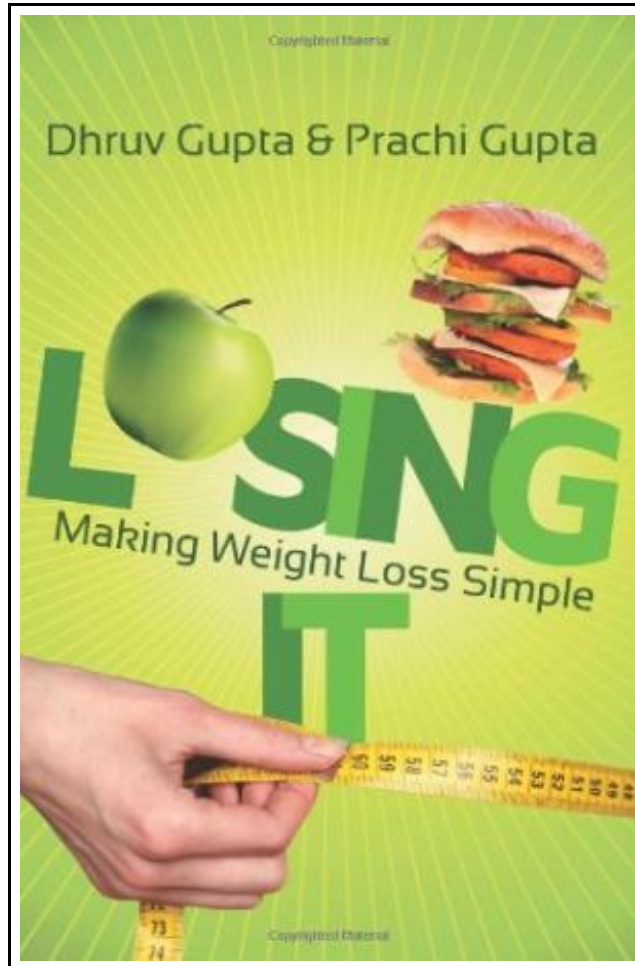# Losing it: Making Weight Loss Simple

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LOSING IT: MAKING WEIGHT LOSS SIMPLE

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Pan MacMillan, New Delhi, 2013. Soft cover. Book Condition: New. You have probably tried losing weight at some point in your life, or at least thought about it. Well-meaning and well-intentioned articles, websites and experts give out advice on losing weight through the latest research, super foods or following magical weight-loss techniques. This complicates the process and gives out conflicting information. Losing It is a coherent how-to that provides you with the pros and cons of healthy foods and foods which have healthy claims attached to them, beverages and exercise. It gives you tips that are easy to tie into your daily life, resulting in long-term weight loss while helping you gain in nutrition and fitness. Faced with stores full of choices and the demands of a busy life, how can you put together a balanced meal? What foods have empty calories and which ones really help you? Is brown bread good for you? Is banana fattening? What are the healthy choices you can opt for when eating out? Does going to the gym help? Whats holding back your weight loss? Losing It addresses your everyday burning queries and concerns simply, and is chock-full of tips and suggestions for you to lose weight effectively. Informative and user-friendly, this is a book that can accompany you in your bag or purse as easily as it rests on the bookshelf. Page Extent: 220.

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