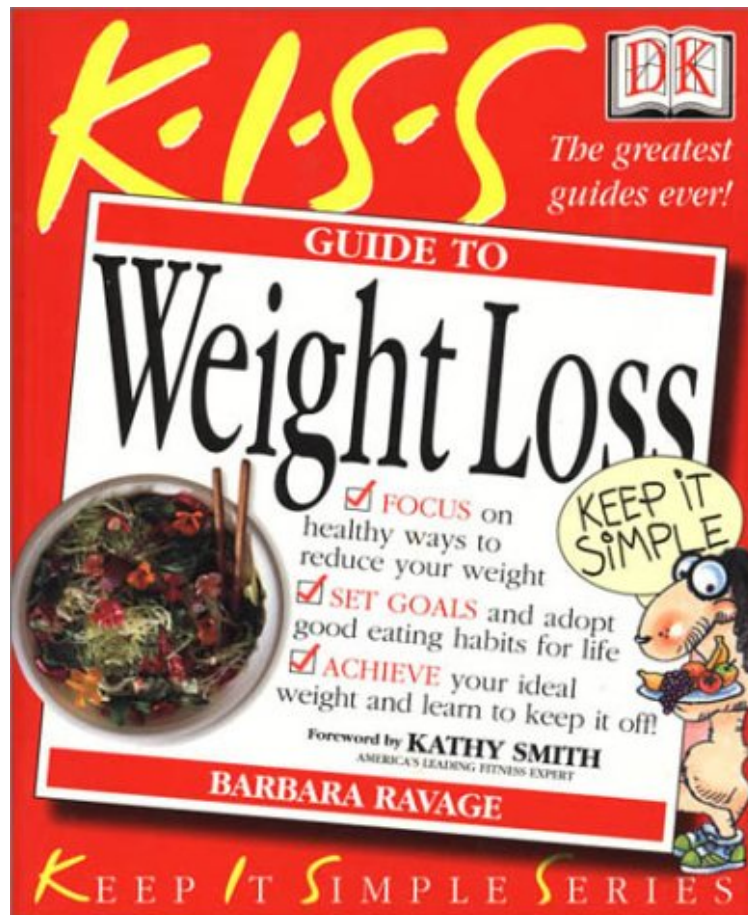


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## KISS Guide to Weight Loss

Barbara Ravage

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**Barbara Ravage : KISS Guide to Weight Loss** before purchasing it in order to gage whether or not it would be worth my time, and all praised KISS Guide to Weight Loss:

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you should be eating and also teach you some basic knowledge about things like carbs and proteins and teach you about some foods you would enjoy that are healthy too. this book will give you a solid base of nutrition and you'll know more of what your looking at when you see some silly diet. so before you go anywhere for some crazy diet, do yourself a favor and buy this book and start your dieting here. start here and experiment with this and then after you have learned a bit more try some other diets if you like. 5 stars10 of 10 people found the following review helpful. A thorough guide to weight lossBy H.C.This book packed with information for those not only seeking to lose weight, but those wanting to create a healthier lifestyle. There are twenty chapters divided into six sections. The reader is expected to get a notebook and complete the various assignments given throughout the book. Topics covered in the book include everything from "Why lose weight?" to "The ABC's of Nutrition", "Living with your diet" and "Diet Troubleshooting". But the focus isn't just on food. There are several chapters dedicated to exercise and various other topics, like finding support and meal planning.This is not a book for anyone looking to lose weight fast. It's geared for those who are willing to take their time, take a good look at themselves, their habits, their lifestyle, and consciously make changes in their life to create healthier living. The journal assignments are interesting. One, for example, is to write your hopes-and your fears-about losing weight. You may not think there are fears holding you back but once you start writing, it's interesting what comes forward.Although the book may be a bit more expensive than other weight loss books, it can easily serve as a lifelong guide to keeping balance. It's full of pictures and illustrations that keep the reader entertained. The only bad thing is - well, it can't do the work for you, and that's a real bummer!

Kiss the competition goodbye! Find surefire ways to slim down with DK's KISS Guide to Weight Loss. Discover the right plan for you and how you can best achieve your goals. Learn the basics of good nutrition and healthy eating. Work out your attitude towards food and how you can modify eating habits. Plan your daily calorie intake on your personal chart. Discover how losing weight will improve your physical health and mental well-being. Keep a diary so you can track your eating and exercise habits and set realistic goals. The Keep It Simple Series is the new standard in how-to books! Written by leading experts, each book includes full-color photographs and illustrations throughout, making these the first and only truly accessible guides for beginners. The KISS format is designed to help readers build confidence from the start, and learn gradually and thoroughly to the very last page. Much more than introductions to various subjects, these inspiring and innovative books are the ones that readers can trust!

About the AuthorBarbara Ravage has been writing and editing books about health, medicine, and science for adults and schoolchildren for many years. A graduate of Barnard College, New York City, she is also the author of George Westinghouse: A Genius for Invention, Rachel Carson: Protecting Our Environment, and Keeping Warm: A Guide to Wintertime. She currently lives on Cape Cod. Kathy Smith is among America's top fitness experts. A leading producer in the fitness business, her exercise videos have sold 11 million copies in 16 countries, and she has an extensive line of health-related equipment. A proprietor of a profitable franchise, author, syndicated newspaper columnist, wife, and mother, Kathy Smith also is a member of the Board of Stewards for the Women's Sports Foundation. She has been named spokesperson for the National Recreation and Parks Association and "Healthy American Fitness Leader" by the National Fitness Leaders Association, in conjunction with the President's Council on Physical Fitness.