



AARP Special Edition: Eat This, Not That! for a Longer, Leaner, Healthier Life!: The fast, effective weight-loss plan to save you 10, 20, 30 pounds--or more!

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AARP Special Edition: Eat This, Not That! for a Longer, Leaner, Healthier Life!: The fast, effective weight-loss plan to save you 10, 20, 30 pounds--or more!

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Lose 10, 20, 30 pounds or more, and put yourself back in control of your weight, your health, and your life!

Don't diet, don't sacrifice, and don't waste money or time on expensive weight-loss foods. In fact, you can start dropping pounds today while eating all your favorite foods—from pizza and pasta to burgers, and even dessert.

From the editors of the bestselling series *Eat This, Not That!* comes a unique diet program that strips away added sugars and melts fat—from your belly first. The trick: a series of simple swaps that will ensure you're eating the very best options from your favorite restaurants and grocery store brands. Discover how easy it is to indulge your way to a flat belly while protecting your brain and striking a blow against heart disease, diabetes, and more.

Eat This, Not That! for a Longer, Leaner, Healthier Life is based on four easy-to-remember nutrition rules:

- Use our simple guide to ensure you're always making the smartest, healthiest, leanest choice in any restaurant or grocery store.
- Enjoy rich, creamy, healthy fats, so you never feel hungry or deprived, even while your metabolism is revving on high.
- Reduce added sugars—without sacrificing flavor—with a series of simple tips that will help you enjoy your favorite desserts, without gaining an ounce!
- Power up your day with 10 essential LONGER LIFE Superfoods for maximum health and rapid weight loss.

Get ready to drop that extra weight faster than you've ever imagined—and enjoy every bite!

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Joyce Cassady:

Reading a guide can be one of a lot of pastime that everyone in the world loves. Do you like reading book and so. There are a lot of reasons why people enjoyed. First reading a reserve will give you a lot of new details. When you read a guide you will get new information because book is one of various ways to share the information as well as their idea. Second, reading through a book will make you actually more imaginative. When you examining a book especially hype book the author will bring one to imagine the story how the character types do it anything. Third, you are able to share your knowledge to other individuals. When you read this AARP Special Edition: Eat This, Not That! for a Longer, Leaner, Healthier Life!: The fast, effective weight-loss plan to save you 10, 20, 30 pounds--or more!, it is possible to tells your family, friends and also soon about yours guide. Your knowledge can inspire the mediocre, make them reading a publication.

Steven Allen:

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Sharon Works:

In this time globalization it is important to someone to receive information. The information will make you to definitely understand the condition of the world. The healthiness of the world makes the information much easier to share. You can find a lot of recommendations to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher which print many kinds of book. The book that recommended for you is AARP Special Edition: Eat This, Not That! for a Longer, Leaner, Healthier Life!: The fast, effective weight-loss plan to save you 10, 20, 30 pounds--or more! this reserve consist a lot of the information in the condition of this world now. This book was represented how do the world has grown up. The dialect styles that writer use for explain it is easy to understand. Often the writer made some exploration when he makes this book. That's why this book suitable all of you.

Clarence Cavins:

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