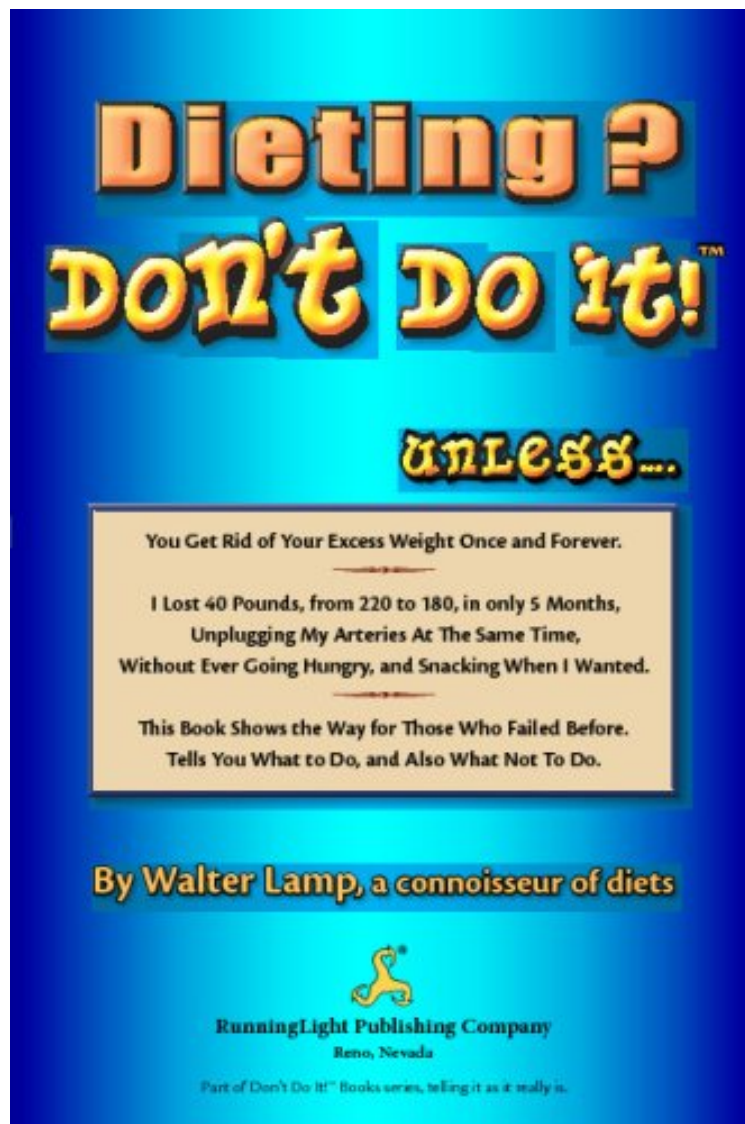


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A connoisseur of dieting tells you not to start unless you are willing to sustain your new eating habits, eating your fill and never going hungry. The new diet plan forbids eating only certain foods. The second rule is to avoid high-fat foods. The third limits proteins to what you need for bodybuilding and repair, because more is harmful. Only three rules, simplicity itself, with no counting or measuring. I lost 40 pounds, from 220 to 180 in five short months after I had a heart attack, and started to unclog my arteries. Having studied nutrition on the university level, and having tried every fad diet, I knew I would regain all my lost weight as I did countless times before. But not now, because this diet is sustainable. The book also shows that you'd be better off not dieting again if you are likely to fail -- it'll either keep you from making a mistake or help you shed 40 pounds fast. It is a most unusual diet book, and an easy read.