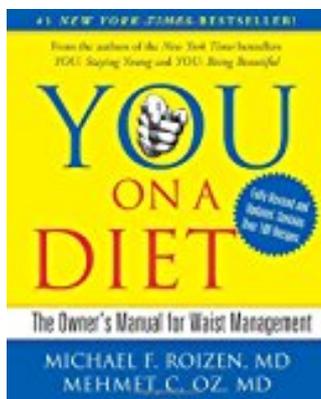


[PDF] YOU: On A Diet Revised Edition: The Owner's Manual For Waist Management

Michael F. Roizen, Mehmet C. Oz - pdf download free book



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Description:

Review "Back for another highly entertaining round of Biology 101, the team behind *YOU: The Owner's Manual* applies its signature wit and wisdom to food metabolism and nutrition. Roizen and Oz pack in a lot of material -- quizzes, 'factoids' and 'myth busters' along with diet and exercise plans, recipes and a two-week 'rebooting' program -- in bite-sized portions, giving readers a chance to absorb and apply what they learn."-- *Publishers Weekly*, starred review

About the Author MICHAEL F. ROIZEN, M.D., is a *New York Times* #1 bestselling author and cofounder and originator of the very popular RealAge.com website. He is chief wellness officer and chair of the Wellness Institute of the Cleveland Clinic and health expert of *The Oprah Winfrey Show*.

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