



The "I" Diet: Use Your Instincts to Lose Weight-- and Keep It Off--Without Feeling Hungry

Susan B. Roberts, Betty Kelly Sargent

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Originally published in 2008 in hardcover, Dr. Susan Roberts's groundbreaking *Instinct Diet* was universally praised as superb. From Jane E. Brody in *The New York Times*: "Perhaps the most comprehensive approach to eating for effective weight control." From *Women's World*: "Obesity cure!" From world-class nutritional researchers and scientists: "A real paradigm shift;" "wise guidance along the road to long-term weight management;" "an honest, straightforward and helpful guide." And not to mention from Harvard's Henry Louis Gates Jr., who recommends the book to "anyone who has struggled with weight gain or obesity, and has given up hope. This diet will change their life."

Now in paperback, featuring a new chapter highlighting success stories, with before and after photos, *The "I" Diet* is the only diet that helps us control the controls. The diet that's easy to follow; the diet that's based on impeccable laboratory research; the diet where the dieter never goes hungry; the diet that is unequivocally healthy, thoroughly grounded in the metabolic, genetic, and psychological workings of the human body. Through its focus on delicious, deeply satisfying dishes like Orange Crumbed French Toast, Grilled Pork Tenderloin, Thai Chicken Salad with Warm Peanut Sauce, and Chocolate Bread Pudding, and proven behavioral modifications (Dr. Roberts is a professor of nutrition *and* a professor of psychiatry), the diet is a fat-burning marvel. Read it and find out for yourself how the dieters on the cover lost 30 pounds *on average* in a few short months.

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April Hall:

The "I" Diet: Use Your Instincts to Lose Weight--and Keep It Off--Without Feeling Hungry can be one of your beginner books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort to place every word into joy

arrangement in writing The "I" Diet: Use Your Instincts to Lose Weight--and Keep It Off--Without Feeling Hungry nevertheless doesn't forget the main stage, giving the reader the hottest in addition to based confirm resource info that maybe you can be one of it. This great information can certainly drawn you into fresh stage of crucial thinking.

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