



Diet Hacks Handbook: From Atkins to Paleo to Vegan to Weight Watchers - Lose Pounds and Look Good the Easy Way

Hugo Villabona , Maria Llorens , Mango Media (Editor)

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Tired of wondering which fad diet you should try? We've got you covered. From ATKINS to PALEO to going VEGAN, we've broken down a bunch of popular diets to help you decide what works for you. Learn about your body's basic nutritional needs to help you pick a program or lifestyle. Learn about the best tech for getting the data you need to stay healthy and bust those pesky dieting myths. Whether you want to lose weight, be fit, or simply eat more vegetables—we've got a hack for it.

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From Reader Review Diet Hacks Handbook: From Atkins to Paleo to Vegan to Weight Watchers - Lose Pounds and Look Good the Easy Way for online ebook

Leah says

I like this books breakdown of diets and its presentation of the different focuses and methods of each one. There are so many it can be a bit overwhelming to keep them straight much less choose one that you think might work best for you.

*I received this book for free through the Good Reads First Reads program.

Pam says

Diet Hacks Handbook: From Atkins to Paleo to Vegan to Weight Watchers: Lose Pounds and Look Good the Easy Way is by Maria Llorens and Hugo Villabona. It talks about the various weight loss diets and programs in a way that makes them easy to understand. It is not meant to be a replacement for your doctor or other health provider. It is not meant to be a diet for you to follow and it is not guaranteed to help you lose weight. It is designed to help you as you attempt to lose weight. It has some good suggestions but some will definitely have to be modified.
