



Boosting Your Metabolism For Dummies

Rachel Berman

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The easy way to boost your metabolism and lose weight... for good!

People often wonder why their dieting and exercise efforts seem to result in little or no weight loss. Some people may have to work hard to simply maintain their current weight. With such a dilemma, they may blame their woes on a "slow metabolism". Unfortunately, there is no miracle diet that works for everyone because everyone has a unique body type and traits which impact their metabolic rate. *Boosting Your Metabolism For Dummies* helps you identify why your efforts have failed in the past and determine how to shift your unique metabolism into high gear by eating specific foods and performing particular exercises. Transform your mind and body for good with what *Boosting Your Metabolism For Dummies* offers:

An explanation of common misconceptions about metabolism

How to calculate and influence one's metabolic rate

How to get in the right mindset and embark on the path to lifestyle change

How to navigate the grocery store for metabolism boosting foods and 40+ quick and easy recipes

Meal planning tips and smart strategies for eating out

Metabolism boosting workouts

Tips to get family onto the healthy metabolism wagon

If you're looking for a fun and easy-to-understand guide that shows you how to put your metabolism to work, increase overall health, and get the body you've always wanted, *Boosting Your Metabolism For Dummies* has you covered.

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Gary Lopez:

Reading a guide tends to be new life style within this era globalization. With reading you can get a lot of information that may give you benefit in your life. Having book everyone in this world may share their idea. Publications can also inspire a lot of people. A great deal of author can inspire all their reader with their story or even their experience. Not only the story that share in the ebooks. But also they write about the data about something that you need illustration. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book which exist now. The authors nowadays always try to improve their expertise in writing, they also doing some investigation before they write on their book. One of them is this Boosting Your Metabolism For Dummies.

Carlo Young:

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