



The Cooper Clinic Solution to the Diet Revolution

Georgia G. Kostas

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"The book everyone has been waiting for"...the easiest, most practical, real-life no-gimmick weight loss guide you'll find, with five eating plans to best fit your needs. The "look at your plate" concept of dividing your plate by fourths simplifies healthful eating and allows you to skip calorie-counting, diet math, and measuring food. Written by the nutrition director of the world-renowned Cooper Clinic, a wealth of helpful healthful tips, menus, mix-and-match meals, meals out, fastfoods, snacks, easy-to-follow advice, checklists and charts, put together in a fun way, help the consumer achieve success. Cooper exercise plans, habit focus, and "total lifestyle" characterize this solid approach...to weight for life.

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