



## Wired to Eat: How to Rewire Your Appetite and Lose Weight for Good (Paperback)

By Robb Wolf

Ebury Publishing, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. GROUND BREAKING The Times NEW YORK TIMES BESTSELLER - One month to reset your metabolism for lasting fat loss - One week to discover the carbs that are right for you - With weekly shopping lists and over 70 fully-anglicised recipes In WIRED TO EAT, superstar US diet expert, Paleo sensation and New York Times bestselling author of THE PALEO SOLUTION Robb Wolf will show you how to change your eating habits for good, tailor your diet to fit your personal needs and shed weight fast - and never put it back on! A landmark guide for regaining and maintaining health. David Perlmutter, MD, author of #1 New York Times bestseller, Grain Brain You re not crazy, weak, or lacking willpower. it s the food! Wired to Eat digs into the science to show you how the healthy foods you ve been eating are keeping you sick, tired, and overweight, and provides an effective, easy-to-follow action plan to help you look, feel, and live your best. Melissa Hartwig, New York Times bestselling author and Whole30 co-founder Wired to Eat is a scientifically sound and very easy-to-understand road...



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