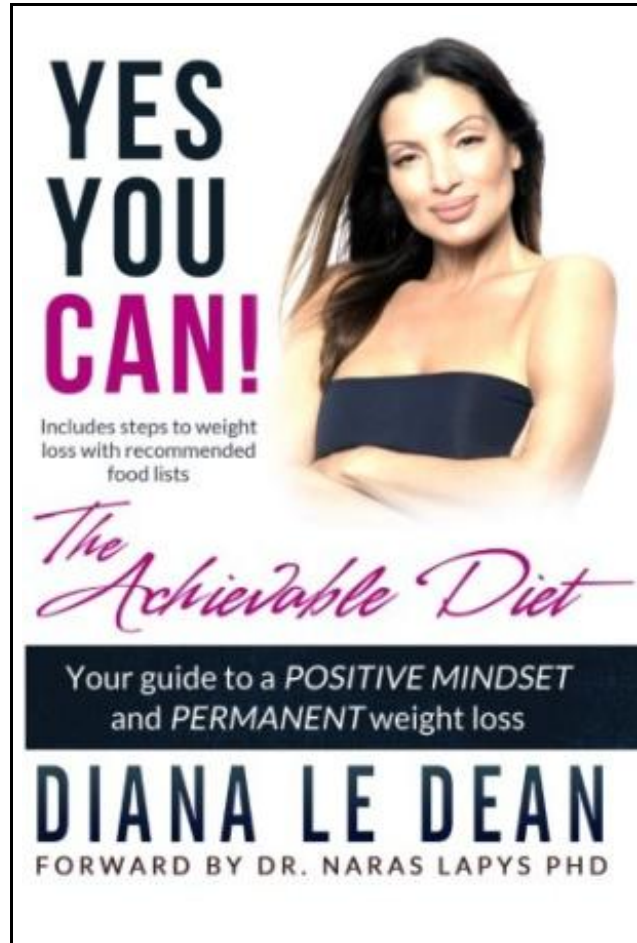


Yes You Can: The Achievable Diet



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YES YOU CAN: THE ACHIEVABLE DIET



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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A leading health and wellness expert, author Diana Le Dean is a specialist in weight loss counseling who has worked with private clients around the world, including many models and celebrities. She also founded Counseling on the Move, an innovative weight loss program that integrated traditional counseling and power walking on the treadmill. She is a former professional roller skater and a consultant for the World Champion Team in Melbourne. Qualified as a master trainer and counselor of nutrition and sports performance, Le Dean also is a keen student of psychology and has obtained a master s qualifications in neurolinguistic programming . She is currently working on her second book, Italy Lite in collaboration with Dr. Lapsys and Italian food critic, Marco Lombardi. The book presents lighter, healthier variations of traditional Italian recipes, as created by twenty of Italy s most respected chefs. Diets work. Really. There are dozens of legitimate formulas for losing weight. But which can end a toxic relationship with food, and supplant complicated, painful and unhealthy eating habits? Sadly, very few weight loss methods embrace the premise that we must change our minds before our waistlines. They don t recognize that terminating an abusive relationship food and weight is as difficult as ending a hurtful marriage. But this truth is the root of Diana Le Dean s road map for weight loss. And now she has written down the method that has worked for hundreds of her clients across the globe. Yes You Can: The Achievable Diet is a synthesis of many successes, and can lead all readers to their own weight loss success. Le Dean provides an indispensable list of healthy food choices....



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