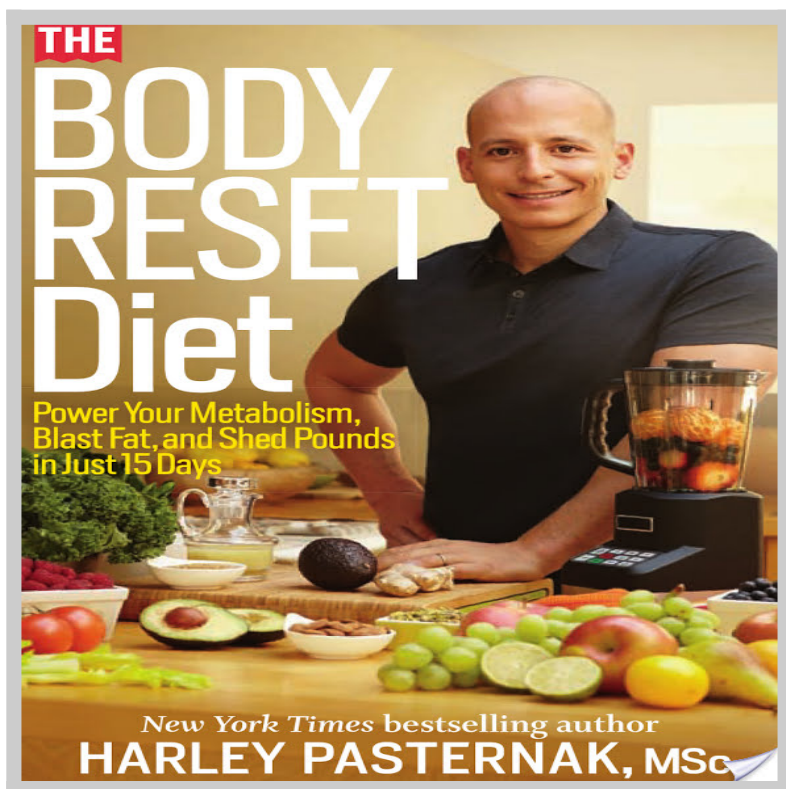


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The Body Reset Diet Book Preview

America has gone way overboard trying to beat the bulge. We've tried every diet out there--low-carb, low-fat, all-grapefruit--and spent hours toiling on treadmills and machines, to no avail. It's time for readers to hit the reset button and start over with a new perspective on weight loss. In *The Body Reset Diet*, celebrity trainer and New York Times bestselling author Harley Pasternak offers readers the ultimate plan for a thinner, healthier, happier life. This three-phase program focuses on the easiest, most effective way to slim down: blending. The 5-day jump-start includes delicious, expertly crafted smoothies (White Peach Ginger, Apple Pie, and Pina Colada, to name a few), dips, snacks, and soups that keep readers satisfied while boosting their metabolism. Over the following 10 days, the plan reintroduces healthy combinations of classic dishes along with the blended recipes to keep the metabolism humming, so readers will continue to torch calories and shed pounds. The plan also explains how the easiest form of exercise--walking--along with light resistance training is all it takes to achieve the celebrity-worthy physique that we all desire. No equipment necessary! Whether readers are looking to lose significant weight or just those last 5 pounds, *The Body Reset Diet* offers a proven program to reset, slim down, and get healthy in just 15 days--and stay that way for good!

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