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The Whole30: The 30-Day Guide to Total Health and Food Freedom (Hardback)

By Melissa Hartwig, Dallas Hartwig

HOUGHTON MIFFLIN, United States, 2015. Hardback. Condition: New. Language: English . Brand New Book. Over 1 million copies sold! Millions of people visit every month and share their dramatic life-changing testimonials. Get started on your Whole30 transformation with the #1 New York Times best-selling The Whole30. Since 2009, Melissa Hartwig's critically-acclaimed Whole30 program has quietly led hundreds of thousands of people to effortless weight loss and better health--along with stunning improvements in sleep quality, energy levels, mood, and self-esteem. The program accomplishes all of this by specifically targeting people's habits and emotional relationships with food. The Whole30 is designed to help break unhealthy patterns of behavior, stop stress-related comfort eating, and reduce cravings, particularly for sugar and carbohydrates. Many Whole30 participants have described achieving food freedom --in just thirty days. Now, The Whole30 offers a stand-alone, step-by-step plan to break unhealthy habits, reduce cravings, improve digestion, and strengthen your immune system. The Whole30 prepares participants for the program in five easy steps, previews a typical thirty days, teaches the basic meal preparation and cooking skills needed to succeed, and provides a month's worth of recipes designed to build confidence in the kitchen and inspire the taste buds....



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