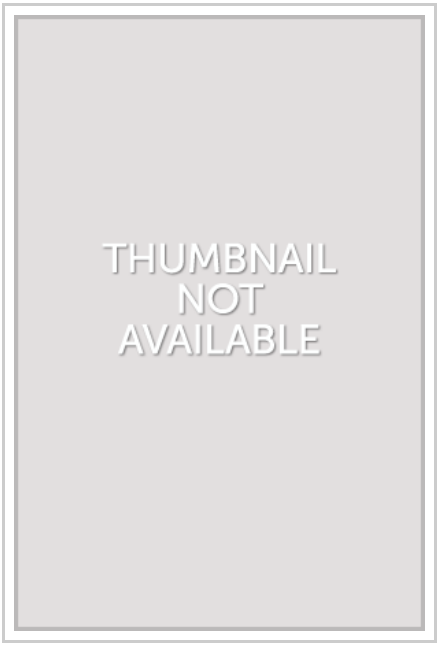


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The Fast Diet: Lose Weight, Stay Healthy, Live Longer (Revised and Updated ed.)

By Michael Mosley, Mimi Spencer

Short Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Fast Diet: Lose Weight, Stay Healthy, Live Longer (Revised and Updated ed.), Michael Mosley, Mimi Spencer, Is it possible to eat well, most of the time, and get slimmer and healthier as you do it? With The Fast Diet it is. Dr Mosley's Fast Diet has become the health phenomenon of our times. And for good reason. This radical approach to weight loss really is as simple as it sounds. You eat normally for five days a week, then for just two days you cut your calorie intake (600 for men, 500 for women). In this fully revised edition, Michael Mosley introduces the science behind the diet, with exciting new research into the wider health benefits of intermittent fasting - including studies on asthma, eczema and diabetes. Mimi Spencer, award-winning food and fashion writer, then explains how to incorporate fasting into your daily life, with a wealth of new detail on the psychology of successful dieting. She presents a range of enticing new recipes, along with an easy Fast Diet shopping list and a user-friendly calorie counter to help you sail through your Fast Days. Whether you're a committed faster...

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