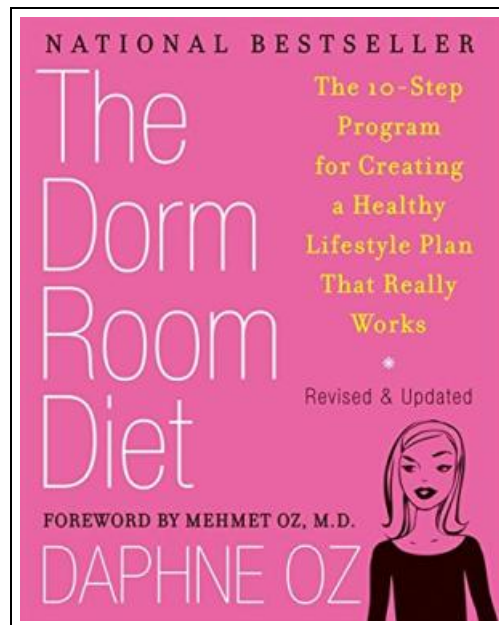


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Newmarket Press,U.S., United States, 2012. Paperback. Condition: New. Revised, Updated ed.. Language: English . Brand New Book. The 10-Step Program for Creating a Healthy Lifestyle Plan That Really Works The Dorm Room Diet Revised and Updated Edition Figuring out how to eat right and stay healthy on your own can be hard! Here is help from someone who s been there. Like many girls, Daphne Oz struggled with her weight as a teenager and hated the extreme restrictions of fad diets. She wanted to find a healthy lifestyle solution that would let her enjoy a full college experience without packing on the proverbial Freshman 15. But could it be done? With the help of her father and grandfather, both cardiac surgeons, and her mother and grandmother, both holistic nutrition advisors, Daphne developed a whole new approach to managing her weight. How well did it work? You be the judge: In her first semester of college, she not only skipped the typical beer-and-pizza-fueled weight gain--she lost 10 pounds and became healthier than she had ever been. The transition to college life presents a golden opportunity to seize control of your health for good, and now the secrets of Daphne s success are available to you in The Dorm Room Diet. Get inspired. Get informed. Get started! In this revised and updated edition of her national bestseller, Daphne shows you how to: stop eating out of emotional need navigate the most common danger zones for unhealthy eating, such as eating on the run, late-night studying, sporting events, and parties get the exercise you need, even in your dorm room choose vitamins and supplements wisely Daphne also includes recipes that you can prepare in your dorm room or kitchen (including vegan and gluten-free dishes), and an informative, new section on conscious eating, explaining...



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