



The Two-Day Diet: A Metabolic and Motivational Approach to Rapid Weight Loss

Glenn Cooper M.D.

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The Two-Day Diet: A Metabolic and Motivational Approach to Rapid Weight Loss Glenn Cooper M.D. Finally, here's a diet that doesn't ask you to give up your favorite foods the whole time you're following it. If you can stick to a strict diet for two days at a time, then you can still have some of the treats you love while losing weight rapidly, safely and effectively. Inside you'll find:

- * Thousands of menu possibilities, with no calorie counting required
- * Recipes that offer a virtually unlimited variety of exciting foods and gourmet meals
- * A practical and easy-to-follow exercise program designed to fit your life-style
- * The secret of producing metabolic effects that enhance fat burning and depress appetite
- * And much more!

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