



## Diet Revolution Now

By Michael Waldau

Dog Ear Publishing, LLC. Hardcover. Book Condition: New. Hardcover. 224 pages. Dimensions: 9.1in. x 6.2in. x 0.9in. The government has failed us Cookie-cutter nutritional advice is not cutting it The diet-du-jour industry fattens its bank accounts and dieters alike Diet scams and miracle weight-loss centers come and go without lasting impact The fast food processed food industrial complex is more interested in getting us addicted to empty-calorie high-profit foods than providing even minimally healthy fare And while the food industry and government agencies orchestras continue to fiddle, the health of Americans sinks faster than the Titanic What you need is a comprehensive strategy, a master plan that trumps Spartan discipline or ber-willpower, which nobody can muster day-in, day-out for years on end. You'll find the weapons you need in the fight against obesity and towards a new you throughout the entire book. All you need is the desire to take control of your life and health again. Michael Waldau - Background Born into the culinary epicenter of Vienna, in skiing-obsessed Austria, Michael developed a keen interest in nutrition - related matters and an active lifestyle early in life. Eventually this led to a self-taught education on these subjects. He became a...



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