



YOU: Losing Weight: The Owner's Manual to Simple and Healthy Weight Loss

Michael F. Roizen, Mehmet Oz

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From the YOU doctors Mehmet Oz and Michael Roizen, using information from their multimillion copy bestselling *YOU: On a Diet*, comes this small guide to losing weight and turning your life around in sixty days.

There are no shortcuts when it comes to weight, and waist, loss—no twenty-pounds-in-three-days formulas, no way to get from size XXXL to size S by the end of the weekend. But you can diet smart, not hard. In *YOU: Losing Weight*, the doctors behind the bestselling *YOU: On a Diet* offer their best ninety-nine tips and strategies for getting your body into the shape and with the waist size that you've always wanted. Dieting can't be hard if you are to succeed for a lifetime, and it should never feel like a sacrifice. With the right strategy, you can make the lifestyle changes that you need to lose weight and get healthy for good.

In this handy waist-loss guide, Dr. Michael Roizen and Dr. Mehmet Oz use their signature wit and wisdom to boil down the science and strategies for you. They keep their usual no-nonsense approach to explaining the human body to outline why crash dieting can't work for the long term. More important, America's Doctors share their favorite weight-loss super-foods recipes and provide exercise suggestions for how to get the most from any kind of workout. With food plans, shopping lists, and comprehensive advice on the science of waist loss, this pocket-size paperback is packed with everything dieters need to know about how to develop better habits that will keep pounds off for good.

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Kenneth Roland:

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Candace Arroyo:

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