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## The Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease

By Braverman, Eric R.

Rodale Books, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Dr. Braverman identifies the missing component of addictive eating imbalances in your brain chemistry. His program corrects the problem and makes it possible to stick to his and other great dietary programs for thinness and your health." Nicholas Perricone, MD, FACN, Assistant Clinical Professor of Dermatology at the Yale University School of Medicine, and author of the bestsellers The Wrinkle Cure and The Perricone Prescription "Dr. Braverman has done it again. With his keen understanding of the workings of the brain and each individual's different brain requirements, he is able to rev up your brain metabolism to increase energy and burn body fat. It works, it's easy, it's long-lasting and leads to life-long good health. This is no fad diet. This is good science and powerful. If you haven't been able to crack the code of your personal weight loss you will find the answers here. Say goodbye to unwanted weight forever." Suzanne Somers, author of 18 books, including the latest New York Times bestseller Breakthrough: Eight Steps to Wellness "The epidemic of obesity in this country portends a significant increase of serious health..."



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### Reviews

*This publication is very gripping and exciting. Better then never, though i am quite late in start reading this one. I am very happy to inform you that here is the finest pdf i actually have read inside my very own daily life and could be he greatest publication for actually.*

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