



You Are What You Eat: The Plan that Will Change Your Life

Gillian McKeith

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"Slimmer, healthier, and happier . . . that's my promise to you."

—Dr. Gillian McKeith

In this record-breaking international bestseller, Dr. Gillian McKeith, "the world's most acclaimed nutritionist" (*Daily Mail*, UK), offers a simple yet revolutionary plan to break bad eating habits and improve your health and appearance in no time.

Dr. Gillian McKeith is known the world over for her ability to turn around even the very worst eaters, and set dieters on the path of living healthier, happier, and slimmer lives. Discover her fabulous diet secrets and get ready to meet the new you.

- o Take the food IQ test and find out what your diet is doing to you.
- o Banish your cravings.
- o Discover how small changes are going to make a big difference
- o Eat *more*, not less

Follow Dr. McKeith's simple advice and seven-day jumpstart plan and you'll look and feel fantastic. You'll be amazed at the difference a few changes can make, and how easy it can be.

Just give it a try and see...

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From reader reviews:

James Senters:

The actual book *You Are What You Eat: The Plan that Will Change Your Life* has a lot info on it. So when you check out this book you can get a lot of gain. The book was published by the very famous author. The author makes some research previous to write this book. This kind of book very easy to read you may get the point easily after looking over this book.

Lillian Owensby:

Do you have something that you want such as book? The book lovers usually prefer to pick book like comic, brief story and the biggest you are novel. Now, why not striving *You Are What You Eat: The Plan that Will Change Your Life* that give your entertainment preference will be satisfied through reading this book. Reading routine all over the world can be said as the opportunity for people to know world a great deal better then how they react to the world. It can't be mentioned constantly that reading habit only for the geeky person but for all of you who wants to end up being success person. So , for all you who want to start reading through as your good habit, you may pick *You Are What You Eat: The Plan that Will Change Your Life* become your personal starter.

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