



## The 17 Day Diet Workbook: Your Guide to Healthy Weight Loss with Rapid Results

By Dr. Mike Moreno



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An instant *New York Times* bestseller, *The 17 Day Diet* has already helped millions of people lose weight in a safe, healthy, lasting way. Now, *The 17 Day Diet Workbook* helps dieters stay focused and get their best results.

The instant bestseller *The 17 Day Diet* offers an easy-to-follow dieting plan that can help change your eating habits, your health, and your life. Now *The 17 Day Diet Workbook* offers an even more guided dieting experience for readers who want a little extra structure. Complete with a brief overview of the 17 Day Diet plan and philosophy, this interactive guide provides a day-by-day breakdown of how to get through 17 days in each of the four central cycles. Each section supplies food charts, shopping lists, 17-minute workouts, tips from Dr. Mike, and a notes section to keep track of personal progress. There are also new details about hurdles you might experience in the different cycles and suggestions for how to stay on track no matter what.

*The 17 Day Diet* has already helped thousands of people lose weight and make lasting life changes. Now, with this workbook, it is easier than ever to start making changes and getting results fast!

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### Editorial Review

About the Author

**Dr. Mike Moreno** is a graduate of the University of California at Irvine and Hahnemann Medical School. Following his residency at Kaiser Permanente in Fontana, California, Dr. Mike moved to San Diego, where he now practices family medicine and sits on the board of the San Diego Chapter of the American Academy of Family Physicians.

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Why don't make it to be your habit? Right now, try to prepare your time to do the important work, like looking for your favorite reserve and reading a reserve. Beside you can solve your condition; you can add your knowledge by the e-book entitled The 17 Day Diet Workbook: Your Guide to Healthy Weight Loss with Rapid Results. Try to the actual book The 17 Day Diet Workbook: Your Guide to Healthy Weight Loss with Rapid Results as your buddy. It means that it can for being your friend when you truly feel alone and beside that of course make you smarter than before. Yeah, it is very fortunated for yourself. The book makes you much more confidence because you can know almost everything by the book. So , we should make new experience along with knowledge with this book.

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