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A Week in the Zone (Paperback)

By Barry Sears

HarperCollins Publishers Inc, United States, 2000. Paperback. Book Condition: New. Reprint. 170 x 104 mm. Language: English . Brand New Book. A national bestseller for more than three years in hardcover, The Zone has introduced millions of people worldwide to a breakthrough approach to dieting based on Nobel Prize winning scientific research. Treating food as the most powerful drug available, The Zone plan shows how food, when used unwisely, can be toxic. Used wisely however, it will take anyone into the Zone, a state of exceptional health familiar to champion athletes. Now the benefits of Barry Sears evolutionary program can be experienced in just one week! With A Week in the Zone, everyone can start on the path to permanent weight loss and learn how to burn body fat, and keep it off without deprivation or hunger. They ll also discover how the Zone helps to both increase energy and fight heart disease, diabetes, PMS, chronic fatigue, depression, and cancer.



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