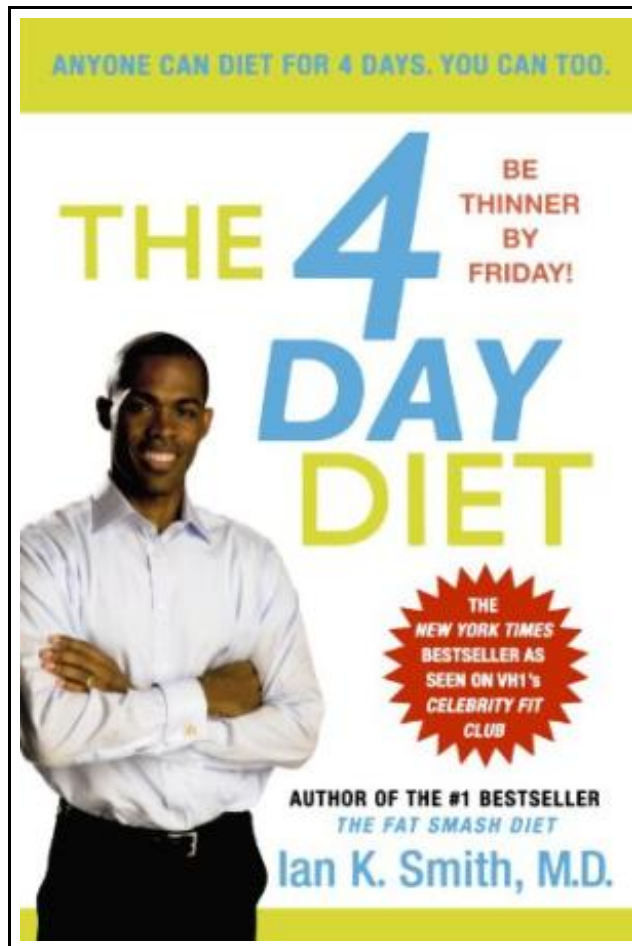


The 4 Day Diet: Be Thinner by Friday



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Reviews

The ebook is fantastic and great. It really is basic but unexpected situations within the fifty percent in the book. Its been written in an exceptionally basic way in fact it is only after i finished reading through this ebook by which actually modified me, modify the way in my opinion.

(Ms. Donna Parker MD)

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Griffin Publishing. Paperback. Book Condition: new. BRAND NEW, The 4 Day Diet: Be Thinner by Friday, Ian K. Smith, Dr. Ian Smith's diets really work. America has lost millions of pounds following his Fat Smash and Extreme Fat Smash diets. Now, in "The 4 Day Diet", Smith has developed a program that allows readers to avoid the normal (and fatal) pitfalls of dieting: boredom, no treats allowed, too much repetition, plateauing. The 4 Day Diet is an ingenious program of dieting modules lasting only four days each: Induction (detox/cleansing); Transition (to reintroduce all food groups); Protein Stretch (to avoid plateaus); Smooth (when you can have some formerly forbidden foods like pizza and French fries); Push (the sprint just before the final stretch, back to a stricter eating plan); Pace (a comfortable module for you to catch your breath); and, Vigorous (the final module to lose those last few pounds). You can follow The 4 Day Diet straight through for a month for stunning results. But Smith also designed The 4 Day Diet so you can customize your own program. After the first two modules, you can do the remaining 5 in whichever order suits your schedule or preferences or you can repeat the modules you like best. It also features over sixty delicious recipes for breakfasts, lunches and dinners and a complete snack list - food that will make you forget you're on a diet.

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