



# Get Real & Stop Dieting!

*Brett Blumenthal*

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## **Get Real & Stop Dieting!** Brett Blumenthal

If you are ready to make a life change for the sake of better health, look no further than this simple, no-frills guide to healthy eating. In the pages of "Get Real & Stop Dieting!," fitness instructor and wellness expert Brett Blumenthal cuts through the chaos of fad diets and scientific mumbo jumbo to demystify healthy eating once and for all. After decades of experience in the health and wellness industries, Blumenthal has zeroed in on five simple "Get Real" principles, nutritional tools founded in cold, hard facts. The principles are accompanied by the "Get Real" toolkit to make implementing them easy and effective. Plus, Blumenthal provides forty pages of healthy, satisfying recipes—from whole-grain pancakes to rich chocolate clusters—to help readers launch their nutritional makeover. Healthy eating doesn't have to be complicated. Now, thanks to this easy-to-implement diet and nutrition program, you too can be inspired, empowered, and motivated to live a healthier, happier life.

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### **From reader reviews:**

#### **Carmen Fields:**

Spent a free a chance to be fun activity to perform! A lot of people spent their down time with their family, or their very own friends. Usually they accomplishing activity like watching television, about to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? May be reading a book may be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to try look for book, may be the book untitled Get Real & Stop Dieting! can be good book to read. May be it could be best activity to you.

#### **Brent Thompson:**

Playing with family in the park, coming to see the marine world or hanging out with close friends is thing that usually you will have done when you have spare time, subsequently why you don't try thing that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Get Real & Stop Dieting!, you may enjoy both. It is very good combination right, you still need to miss it? What kind of hangout type is it? Oh come on its mind hangout guys. What? Still don't have it, oh come on its referred to as reading friends.

#### **Mary James:**

Beside this particular Get Real & Stop Dieting! in your phone, it may give you a way to get closer to the new knowledge or information. The information and the knowledge you are going to got here is fresh from oven so don't become worry if you feel like an previous people live in narrow community. It is good thing to have Get Real & Stop Dieting! because this book offers for you readable information. Do you at times have book but you rarely get what it's facts concerning. Oh come on, that wil happen if you have this within your hand. The Enjoyable arrangement here cannot be questionable, including treasuring beautiful island. Use you still want to miss this? Find this book in addition to read it from currently!

#### **Debra Becnel:**

As a student exactly feel bored to be able to reading. If their teacher requested them to go to the library as well as to make summary for some guide, they are complained. Just little students that has reading's internal or real their pastime. They just do what the trainer want, like asked to the library. They go to at this time there but nothing reading seriously. Any students feel that studying is not important, boring as well as can't see colorful pictures on there. Yeah, it is to be complicated. Book is very important to suit your needs. As we know that on this time, many ways to get whatever we really wish for. Likewise word says, ways to reach Chinese's country. Therefore this Get Real & Stop Dieting! can make you really feel more interested to read.

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