



Burn Calories While You Sleep: Change Your Metabolism to Be Thin, Fit, Healthy, and Live Longer

By M D Tim a Fischell

Brighton Publishing LLC, United States, 2013. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The obesity epidemic is here. We are inundated with statistics, news stories, TV shows, documentaries, magazine articles, books, and infomercials about this huge problem facing America and other developing countries-and for good reason. The problems related to overeating and under-metabolizing what we eat are enormous. Even though there are thousands of health books promoting fitness and weight loss, if we look around as we walk through the streets and the malls of America it s clear these books aren t resonating with people. More and more adults are becoming overweight and diabetic every day. Like most middle-aged adults, when I entered my 40s I began to experience weight gain and loss of fitness, despite my usual efforts to exercise. At the same time life became even crazier and busier for me with work, social, and family responsibilities. Time pressures forced me to begin a new approach to my fitness training and to my health. The Burn Calories While You Sleep approach was invented as a means to get thin and fit despite the huge time pressures...



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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Otis Wisoky**

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- **Dr. Everett Dicki DDS**