



## 1-Day Diet - The Fastest Diet in the World

By Jennifer Jolan

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 176 pages. Dimensions: 9.2in. x 7.5in. x 0.4in. Newly updated and expanded! (Now includes sections from our 5: 2 Diet Cheat Sheet and Stupid Hormones books!) If you've dreamed of a way to safely and quickly lose weight while still eating foods you love, then this book by bestselling weight loss authors Jennifer Jolan and Rich Bryda could be exactly what you're looking for. The 1-Day Diet is changing the diet and weight loss world. Based on hard science, it works without constantly dieting for days, weeks, and months at a time. . . without planning special meals. . . without counting calories. . . and without needing to exercise. The idea behind this diet was first discovered by professional athletes (who wanted to lose body fat without starving or feeling tired) and then perfected for women by a world-class diet expert. In fact, it's not unusual to lose 2 to 5 pounds the first day and up to 30 pounds the first month without fat returning. The Best Part You're only allowed to do the diet 1-3 days per week. The rest of the week you can...



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