



The 3-Day Solution Plan: Jumpstart Lasting Weight Loss by Turning Off the Drive to Overeat

Laurel Mellin

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The Solution to Dieting!

Almost everyone who wants to lose weight makes a painful discovery: diets don't work. After following the rules and wrestling with the temptations, nearly all dieters regain what they have lost—and then some. What's worse, the anger and frustration of constant dieting just make us want to eat more! If only we could turn off the drive to overeat. But that's impossible, right? Wrong!

Based on the amazingly effective method developed by weight-loss expert Laurel Mellin, The 3-Day Solution Plan will give you a powerful, step-by-step plan to turn off the drive to overeat while shedding up to six pounds! A proven program for lasting weight loss without dieting, The Solution Method was developed by Mellin at the University of California, San Francisco's School of Medicine. Health magazine named it one of the 10 top medical advances of 2000. But this is the first time The Solution Method has been made accessible to everyone as a results-oriented jumpstart to the program—and it only takes three days.

The life-changing potential of The Solution Method is that it directly addresses the feeling brain, the home of our most primitive urges, like eating. Other weight loss programs are based on knowledge and planning—activities of the thinking brain. The problem is that there is no significant relationship between the feeling brain and the thinking brain. Reason can't make anyone stop wanting a cookie.

But as Solution participants attest: this program works. Two- and six-year follow-up studies have shown The Solution to produce weight loss without dieting and unparalleled results in terms of keeping it off. In just three days you will get started with the method and

- Lose up to six pounds without dieting
- Learn how to turn off the drive to overeat
- Follow the simple and healthy 1-2-3 Eating Plan
- Find out how fantastic you can feel every day!

With delicious recipes, complete menus, and suggestions for easy restaurant substitutions, The 3-Day Solution Plan is a complete road map that begins guiding you toward the ultimate destination: a thinner, more vibrant you!

From the Hardcover edition.



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From reader reviews:

Guy Gregory:

A lot of people always spent their own free time to vacation or even go to the outside with them household or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. In order to try to find a new activity that is look different you can read any book. It is really fun for you. If you enjoy the book which you read you can spent all day every day to reading a guide. The book The 3-Day Solution Plan: Jumpstart Lasting Weight Loss by Turning Off the Drive to Overeat it is rather good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. In case you did not have enough space bringing this book you can buy the particular e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not very costly but this book provides high quality.

Sophia Myers:

Do you have something that you enjoy such as book? The publication lovers usually prefer to opt for book like comic, quick story and the biggest you are novel. Now, why not trying The 3-Day Solution Plan: Jumpstart Lasting Weight Loss by Turning Off the Drive to Overeat that give your pleasure preference will be satisfied simply by reading this book. Reading practice all over the world can be said as the opportunity for people to know world considerably better then how they react in the direction of the world. It can't be mentioned constantly that reading practice only for the geeky particular person but for all of you who wants to possibly be success person. So , for all of you who want to start looking at as your good habit, you are able to pick The 3-Day Solution Plan: Jumpstart Lasting Weight Loss by Turning Off the Drive to Overeat become your own starter.

Javier Link:

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Stephanie Landa:

The book untitled The 3-Day Solution Plan: Jumpstart Lasting Weight Loss by Turning Off the Drive to Overeat contain a lot of information on that. The writer explains her idea with easy method. The language is very clear and understandable all the people, so do not necessarily worry, you can easy to read the idea. The book was authored by famous author. The author provides you in the new age of literary works. You can

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