



The 3-Day Solution Plan: Jump-start 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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Nelson McNamee:

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personal skill of reading talent is developing when you such as reading. Try to choose straightforward book to make you enjoy to read it and mingle the opinion about book and examining especially. It is to be very first opinion for you to like to open up a book and examine it. Beside that the guide The 3-Day Solution Plan: Jump-start Lasting Weight Loss by Turning Off the Drive to Overeat can to be your friend when you're experience alone and confuse in what must you're doing of that time.

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