



# **Eat More, Weigh Less: Dr. Dean Ornish's Life Choice Program for Losing Weight Safely While Eating Abundantly**

*Dean Ornish*

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## **Eat More, Weigh Less: Dr. Dean Ornish's Life Choice Program for Losing Weight Safely While Eating Abundantly** Dean Ornish

You really can eat more and weigh less -- if you know what to eat. As this groundbreaking book clearly shows, it's not just *how much* you eat, it's primarily *what* you eat.

Most diets rely on small portion sizes to reduce calories sufficiently. You feel hungry and deprived. Dr. Ornish's program takes a new approach: abundance rather than deprivation. If you change the type of food, you don't have to be as concerned about the amount of food. You can eat whenever you're hungry, eat more food -- and still lose weight and keep it off. Simply. Safely. Easily. In this book, you'll find 250 gourmet recipes from the country's most celebrated chefs.

Unlike high-protein diets that may mortgage your well-being, Dr. Ornish's diet and lifestyle program is scientifically proven to help you lose weight and gain health. People not only keep off the weight, they lower their cholesterol and reduce their chances for getting heart disease and such other illnesses as breast, prostate, and colon cancer; diabetes; osteoporosis; and hypertension. Dr. Ornish's program has given millions of people new hope and new choices.

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### **From reader reviews:**

#### **Shirley Glover:**

Spent a free time and energy to be fun activity to do! A lot of people spent their leisure time with their family, or their friends. Usually they doing activity like watching television, planning to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could possibly be reading a book is usually option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to consider look for book, may be the publication untitled Eat More, Weigh Less: Dr. Dean Ornish's Life Choice Program for Losing Weight Safely While Eating Abundantly can be great book to read. May be it can be best activity to you.

#### **Catrina Hall:**

Playing with family in a very park, coming to see the coastal world or hanging out with good friends is thing that usually you may have done when you have spare time, after that why you don't try thing that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Eat More, Weigh Less: Dr. Dean Ornish's Life Choice Program for Losing Weight Safely While Eating Abundantly, you are able to enjoy both. It is excellent combination right, you still desire to miss it? What kind of hangout type is it? Oh can happen its mind hangout fellas. What? Still don't obtain it, oh come on its called reading friends.

#### **Lea Severino:**

Are you kind of hectic person, only have 10 or even 15 minute in your day to upgrading your mind expertise or thinking skill even analytical thinking? Then you are having problem with the book as compared to can satisfy your short space of time to read it because this time you only find reserve that need more time to be study. Eat More, Weigh Less: Dr. Dean Ornish's Life Choice Program for Losing Weight Safely While Eating Abundantly can be your answer mainly because it can be read by a person who have those short time problems.

#### **Jason Faria:**

Do you like reading a publication? Confuse to looking for your selected book? Or your book ended up being rare? Why so many concern for the book? But just about any people feel that they enjoy for reading. Some people likes reading, not only science book but also novel and Eat More, Weigh Less: Dr. Dean Ornish's Life Choice Program for Losing Weight Safely While Eating Abundantly or even others sources were given know-how for you. After you know how the fantastic a book, you feel want to read more and more. Science book was created for teacher or perhaps students especially. Those guides are helping them to include their knowledge. In different case, beside science publication, any other book likes Eat More, Weigh Less: Dr. Dean Ornish's Life Choice Program for Losing Weight Safely While Eating Abundantly to make your spare

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