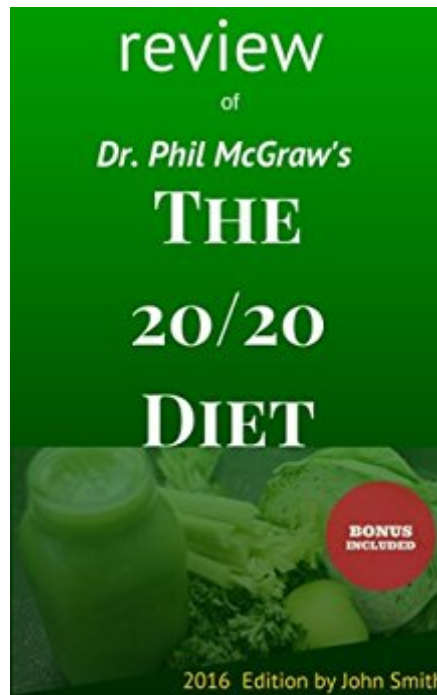


The book was found

The 20/20 Diet Turn Your Weight Loss Into Reality By Dr. Phil McGraw: REVIEW:2016 Edition



Synopsis

PLEASE NOTE: THIS IS NOT THE ORIGINAL BOOK. How does the 20/20 diet work? Dr. Phil McGraw states that there are some reasons that other diets fail over and over again: impracticality, hunger, cost, boredom, weight loss plateaus, feeling of restriction, cravings and temptations. He goes further to address each of these weight loss impediments by utilizing the latest research and theories that have been made available since his last book, "The Ultimate Weight Solution."....

Book Information

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Customer Reviews

I was looking at different health and wellness books on . I liked the author's "to the point and non biased view". I will purchase the 20/20 diet as a result of his honest review.

I wish there was a no star box. This is a waste of money and time. I don't know why this person thinks he has to critique Dr. Phil, but oh well who knows. Just order Dr. Phil's book as I did. We don't need someone telling us about a book we can read for ourselves. I wish I could get my money back but I downloaded it into Kindle. I tried to express myself as the author asked for reviews but it

said it was not available to leave one. :(When I went to review it for the author it said it wasn't available. :(

I appreciated being able to read a review of the diet and it help me decide whether or not I wanted to purchase the book. The author's evaluation helped me to decide whether or not I thought the diet would work for me.

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