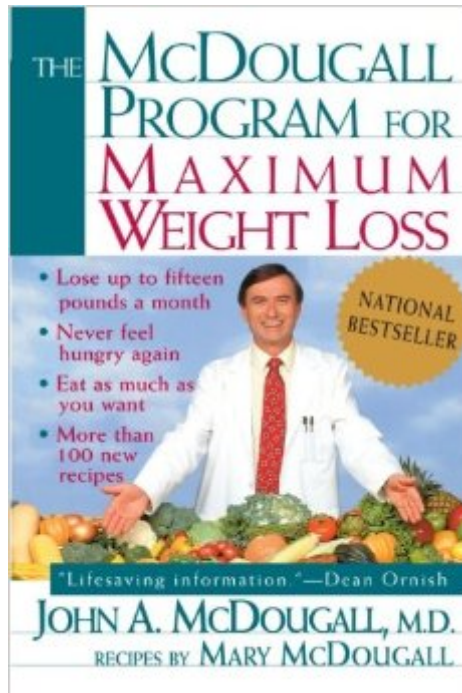


The book was found

# The McDougall Program For Maximum Weight Loss



## Synopsis

“You never have to be fat or hungry again.” Your HealthLose weight, eat as much as you want, feel healthy, and look great. This may sound like an impossible dream, but with The McDougall Program for Maximum Weight Loss it is a dream come true for thousands of people. In this groundbreaking book, Dr. John A. McDougall draws on the latest scientific and medical information about nutrition, metabolism, and hunger to provide a simple weight-loss plan. Feature more than 100 healthy and delicious recipes by Mary McDougall, packed with all the information and encouragement you need, this total weight-loss program also brings you:Â Â Â Â Â Â Â Â Â Studies and documentation on the McDougall approachÂ Â Â Â Â Â Â Â Â The secrets of carbohydrates, your metabolism, and weight lossÂ Â Â Â Â Â Â Â Â The truth about fatâ ”in your diet and on your bodyÂ Â Â Â Â Â Â Â Â Complete McDougall menu plans and cooking methodsÂ Â Â Â Â Â Â Â Â Supermarket shopping guidesÂ Â Â Â Â Â Â Â Â How to deal with eating disordersÂ Â Â Â Â Â Â Â Â Dining-out information, and moreâ œlts rewards include not just a slimmer figure but enhanced physical vitality, mental clarity, and self-esteem.â •â ”BookpageÂ

## Book Information

Paperback: 336 pages

Publisher: Plume; Reprint edition (April 1, 1995)

Language: English

ISBN-10: 0452273803

ISBN-13: 978-0452273801

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (226 customer reviews)

Best Sellers Rank: #9,623 in Books (See Top 100 in Books) #29 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat #37 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #117 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## Customer Reviews

I have lost weight using two different methods in my 49 years of life. The first was to eat 1,500 calories or less every day and exercise 4-5 times per week. All of my food choices were healthy on this regimen, and my only complaint is that it took lots of effort to keep track of the calories I was consuming, and I was usually painfully hungry between meals and late at night. I twice lost around 30 pounds using this system. The other method I have used is the one developed by Dr. John

McDougall, using this book and one other: "The McDougall Program". This book is without question the one to use for efficient weight loss, the second more for maintenance and cultivating healthy eating habits for life. I give this book my highest recommendation because (a) it makes the best common sense of any "diet" I've ever heard about or been on...all you have to do is eat the world's healthiest foods in whatever quantities you like so long as you follow the instructions, and (b) the results are fast, steady, and come with many other pleasant benefits. In my case, my complexion has improved, my facial color and tone have radically improved, my energy is great, and my bodily functions have all started getting in sync. In the first month I have lost around 12 pounds, and all I've been doing for exercise so far is walking 3-5 times per week for around 45 minutes to an hour. If you are not used to living without meat and dairy products, breads and refined grains, as well as other high calorie and fatty sources in the typical American diet, I would imagine that the transition could pose some challenges. (Don't forget, I'm only talking about the "maximum weight loss" program now.

[Download to continue reading...](#)

Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) The McDougall Program for Maximum Weight Loss Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women,

... Protocol, Hair Loss Black book, Baldness) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide Weight Loss Box Set: Learn The Secrets of Weight Loss (weight loss, vegan diet, good gut) Mudras: Mudras For Weight Loss: 15 Easy Hand Gestures For Easy Weight Loss (Mudras, Mudras For Beginners, Mudras For Weight Loss) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) Weight Watcher for Rapid Weight Loss: Lose Up To 30 lbs. in 30 Days (Weight Watchers Low Fat Low Carb Weight Loss Diet Book)

[Dmca](#)