



The 3-Season Diet: Eat the Way Nature Intended: Lose Weight, Beat Food Cravings, and Get Fit

By John Douillard

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- * Do you drink coffee in the morning to get your day started?
- * Do you work through lunch?
- * Do you crave sweets or a nap in the afternoon?
- * Have you tried losing weight in the past three years and given up?
- * Do you tend to have bouts of worry, anxiety, and depression?
- * Do you have difficulty remembering things?

If you do, this book will help you restore balance to your daily life. By following its simple instructions for eating foods appropriate to each season, adjusting your diet to your body type, eating at the optimal time of the day, and exercising without triggering a survival response, you will not only lose excess pounds and maintain your ideal weight, you will generate energy and power in your life.

Derived from a 5,000-year-old traditional medical system, the 3-season diet does what no other diet will: work along with the body's natural response to the changing seasons, feeding it what it craves and can best utilize at all times. In spring, for instance, we want salads, berries, and leafy greens, a naturally low-fat diet. And in winter, we yearn for hearty soups, nuts, warm grains, and high-fat and protein-rich foods such as fish and meat. Following the foods that nature provides seasonally creates the best diet for balancing weight, mood, and energy for anyone living anywhere on earth.

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The 3-Season Diet: Eat the Way Nature Intended: Lose Weight, Beat Food Cravings, and Get Fit By John Douillard Bibliography

- Sales Rank: #50037 in Books
- Brand: Harmony
- Published on: 2001-03-13
- Released on: 2001-03-13
- Original language: English
- Number of items: 1
- Dimensions: 9.19" h x .89" w x 6.12" l, 1.06 pounds
- Binding: Paperback
- 336 pages

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Editorial Review

Review

"**The 3-Season Diet** is very informative. It helps me on game days, when I need energy most. This book is a winner."

-- Kendall Gill, team captain, the New Jersey Nets

From the Inside Flap

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From the Back Cover

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-- Kendall Gill, team captain, the New Jersey Nets

Users Review

From reader reviews:

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As people who live in often the modest era should be change about what going on or details even knowledge to make all of them keep up with the era which is always change and move ahead. Some of you maybe will probably update themselves by examining books. It is a good choice for you personally but the problems coming to you actually is you don't know what type you should start with. This The 3-Season Diet: Eat the Way Nature Intended: Lose Weight, Beat Food Cravings, and Get Fit is our recommendation so you keep up with the world. Why, as this book serves what you want and need in this era.

Harold Riggs:

A lot of people always spent all their 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 these people free time just watching TV, or playing video games all day long. If you need to try to find a new activity that's look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you simply read you can spent the whole day to reading a e-book. The book The 3-Season Diet: Eat the Way Nature Intended: Lose Weight, Beat Food Cravings, and Get Fit it doesn't matter what good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. In case you did not have enough space to bring this book you can buy typically the e-book. You can m0ore effortlessly to read this book out of your smart phone. The price is not to cover but this book possesses high quality.

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Anthony Rouse:

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