Ever hankered for a diet book by and for real people--people who, you know, actually have a life? Congratulations: youve just picked it up.

Before we began our diet, Neris and I weighted 434 pounds between us. Our goal was to lose 140 pounds between us in under a year, to go from a size 22 to a size 14. And we did it. If two unusually greedy, cocktail-loving moms can lose this amount of weight without much effort, so can anyone.
This book tells you how two friends did it, and how you can do it too. It's not a diet devised by some bossy string bean who has never been more than 7 pounds overweight, nor by a fat middle-aged doctor, but a real, long-term, workable diet for real people. A modified and therefore bearable low-carb, high-protein way of eating, the diet really works and includes meal plans, recipes, advice on clothes, make-up and hair at every stage from fat to thin. It doesn't include impossible exercise routines or disgusting things to eat. Above all, it gets to the bottom of why we overeat--and shows you how to stop. There's never been a diet book like it--for women, by women, with jokes and useful tips, and advice that is truly simple to follow. What other diet book tells you to pour yourself a large drink at the end of the day, because you've earned it? You'll laugh out loud. Reading this book is like talking to a clued-up friend who also makes you feel great about yourself...amazingly frank...the honesty of their confessions exceed anything previously published! ---The Evening Standard

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* Click here to view our Condition Guide and Shipping Prices

For those who aren't used to British humor I can see how this book can be offensive. Me, on the other hand, was laughing my butt off. This book felt like it was speaking to me and all my diet issues in the past. I lost 8 pounds in my first week and now down 24 total in 2 months. I have 68 lbs to loose (now 44). I am not sure about other people but the weight loss did slow down from the initial weeks. I am still in phase I and feel really healthy. I haven't had my first alcoholic drink yet and saving that for my halfway goal. Saw my doctor for any concerns and he just mentioned to stick with lean meats to save my cholesterol. I have to admit it was tough in the States to find items without sugar or sugar additives (like dextrose in many salamis) in lunch meats, but they are out there. Hebrew National will save your life. Once you have a 3-week grocery list you are set. I make the same thing for my kids and just add a carb side dish for them. My husband is doing it with me and he has lost 23 lbs. I haven't had any cravings, even for alcohol! Ok, maybe that occasional cookie but its only during a certain time of the month.

I wanted to point out that the book is a guide and Neris and India share their own experience and what worked for them. Not everyone is one size fits all. If you need further advice to what you can or cannot eat see their website and check out the Forum link. Everyone is very helpful. For those in the States, find a message board for United States or America. [...] Good luck to those who started. I have read the book all the way through twice and still pick it up for advice, recipes or just companionship. It's weird, I know..but whatever it takes. Thank you Neris and India!

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Neris and Indias Idiot-Proof Diet: A Weight-Loss Plan for Real Women by India Knight - 5 Star Customer Reviews and Lowest Price!