The No-Time-to-Lose Diet: The Busy Persons Guide to Permanent Weight Loss by Melina Jampolis

The No-Time-To-Lose Diet reveals a weight-loss plan you can successfully use in the real world.

Busy people see to everything and everyone - except themselves. This revolutionary approach to weight loss embraces the hectic lifestyle and provides realistic strategies for staying on target, including:

- a program that is easily tailored to fit individual dieting needs
- helpful dining options for eating out
- healthy, flavorful, and FAST menu ideas for eating in, and
- time saving strategies to maximize results.

No two people lose weight the same way, and Dr. Jampolis has developed variations on the No-Time-To-Lose plan that will work with
every lifestyle and every schedule. You can even create your own plan by applying her seven No-Time-to-Lose principals into a plan that suits your lifestyle.


I have been a patient for almost a year now, and I can actually say that after being overweight all of my life, under Dr. Melina's direction, I've lost 40 pounds. I admit I have a ways to go, but for the first time in my life, I've lost weight over the course of a year of going to the doctor, instead of going and hearing about the 5 pounds I've gained since I had an office visit.

When you turn over 40 you end up weighing more than you expected, you need a game plan. This book is a game plan. It has some well-known and heard it before things, but I feel that Dr. Melina puts the information together that if you follow the advice you will see results.

There are alot of diet/eating books on this site. And they are all informational I'm sure. But I've got a bookshelf full of books that tell me how to lose weight that haven't worked.

At the end of the day, this book's information WORKS and if it works, I don't know what else I can say.

I'll revise this review when I'm done losing the 80 pounds total I'm trying to drop.

Don't make a mistake and listen to the neysayers...at minimum go to the local library and borrow the book or head to a Barnes and Noble or Borders to flip thru it before buying it on Amazon.com

Also her meal replacement bars aare incredible. Taste good, not like plastic cardboard...More like a rice crispy treat dipped in chocolate or flavored icing. Excellent and I'm still losing weight when I eat them.

Buy this book....YOU WON'T BE DISAPPOINTED!

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