



Six Weeks to OMG: Get Skinnier Than All Your Friends by Venice A. Fulton (July 10 2012)

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If you think you've failed on every diet you've ever tried, think again: The diet failed, you didn't. Now it's time to forget all those weight-loss cliches and listen to the truth: -Skipping breakfast can be healthy -Certain fruits instantly block fat loss -Small, frequent meals frequently pack on the pounds -Juices and smoothies cause overeating -Exercise is about much more than how much and how hard -Broccoli carbs can be worse than soda carbs Based on a plan originally designed by a nutrition expert and personal trainer Venice A. Fulton for his A-list clients, SIX WEEKS TO OMG is a groundbreaking system that uses a precise mix of nutrition, biochemistry, genetics, and psychology to produce amazing results. Authoritative, clearly written, and entertaining, this book combines years of red carpet success with fresh, cutting-edge strategies to help anyone get thin and healthy-- fast! Quick fixes don't work, but the right quick improvements can lead to permanent weight loss. No one is born fat, or destined to have cellulite. Anyone-- really, anyone-- can get skinny. Learn how with SIX WEEKS TO OMG.

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