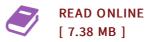




## Eat. Delete.: How to get off the Weight Loss Cycle for Good

By Pooja Makhija

HarperCollins Publishers India Ltd., Noida, India, 2012. Paper back. Book Condition: New. Lose. Gain. Trying to lose weight? Running around in circles where you Lose. Gain. No wonder it?s difficult to stay in shape. Because circles go on and on. Lose. Gain. Lose. But what if weight gain is just a symptom? A symptom not only of how we eat food, but how we treat food? A symptom not only of how we cook food, but how we look at food? What if losing weight doesn?t begin with what?s on your plate but with what?s on your mind? Mind. For the first time in India, a leading nutritionist has worked with psychologists to give you a combined mind?body weight loss solution....



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