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## Fit for Life Not Fat for Life (Paperback)

By Harvey Diamond

HarperCollins Publishers (Australia) Pty Ltd, Australia, 2003. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. There is only one concept to grasp and only one action to take: Eat more living food than dead food. The simplicity of this message has eluded people up to now. In fact, it may seem oversimplified. Because of past frustrations and disappointments, people have come to believe that losing weight is complicated, difficult and expensive. Truth be told, all that is required to reap the myriad benefits of Harvey Diamond's program is to return to the fundamentals of life. The human body is intelligent and capable beyond anyone's comprehension, but in order to unleash this extraordinary intelligence-including that which normalizes body weight-the proper fuel is required. That fuel is living food. But for some inexplicable reason, people have allowed themselves to believe that they can give their bodies the wrong fuel and then have it operate at optimum efficiency. And that is why most people become overweight. This book offers not a diet, but a lifelong way of eating that allows the eating experience to remain a joyous one, rather than a clinical endeavor of measuring...



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*This publication is great. It is full of wisdom and knowledge. You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).*

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