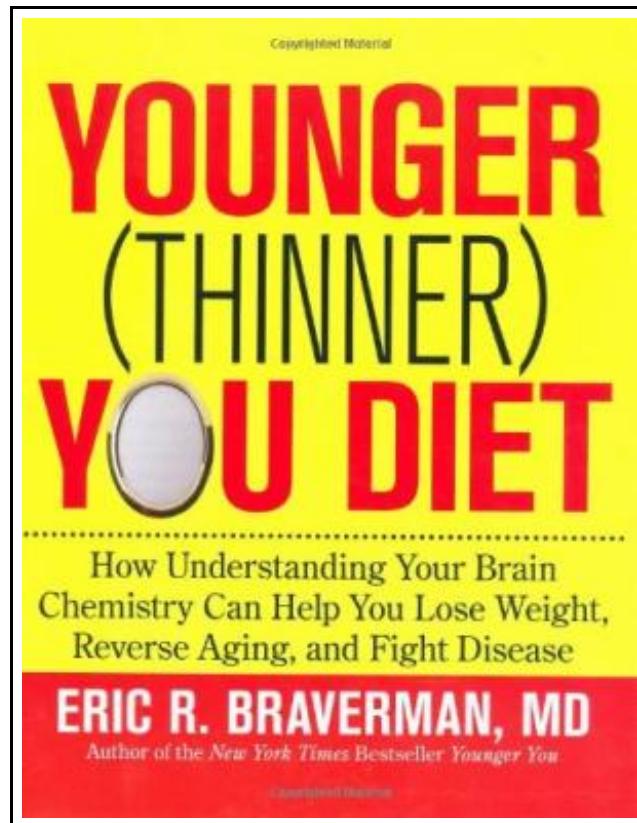


The Younger (Thinner) You Diet: How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease



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Reviews

This written publication is fantastic. I am quite late in start reading this one, but better then never. You will not feel monotony at at any time of your respective time (that's what catalogues are for concerning should you ask me).


(Tevin McClure)


THE YOUNGER (THINNER) YOU DIET: HOW UNDERSTANDING YOUR BRAIN CHEMISTRY CAN HELP YOU LOSE WEIGHT, REVERSE AGING, AND FIGHT DISEASE



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Rodale Books, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Dr. Braverman identifies the missing component of addictive eating imbalances in your brain chemistry. His program corrects the problem and makes it possible to stick to his and other great dietary programs for thinness and your health." Nicholas Perricone, MD, FACN, Assistant Clinical Professor of Dermatology at the Yale University School of Medicine, and author of the bestsellers *The Wrinkle Cure* and *The Perricone Prescription* "Dr. Braverman has done it again. With his keen understanding of the workings of the brain and each individual's different brain requirements, he is able to rev up your brain metabolism to increase energy and burn body fat. It works, it's easy, it's long-lasting and leads to life-long good health. This is no fad diet. This is good science and powerful. If you haven't been able to crack the code of your personal weight loss you will find the answers here. Say goodbye to unwanted weight forever." Suzanne Somers, author of 18 books, including the latest New York Times bestseller *Breakthrough: Eight Steps to Wellness* "The epidemic of obesity in this country portends a significant increase of serious health problems diabetes, heart disease, metabolic syndrome, and even dementia and cancer. Dr. Braverman's solution emphasizing the consumption of herbs, spices, and teas to alter brain and body metabolism promises to reshape our culture and our waistlines." Isadore Rosenfeld, MD, FACP, FACC, Rossi Distinguished Professor of Clinical Medicine at New York Weill Cornell Medical Center, and author of *Live Now, Age Later*, *Power to the Patient*, and *Doctor, What Should I Eat?*.

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