



## The Snack Factor Diet: The Secret to Losing Weight--By Eating More (Paperback)

By Keri Glassman

Three Rivers Press (CA), United States, 2008. Paperback. Book Condition: New. Reprint. 198 x 130 mm. Language: English . Brand New Book. Eat all day and still lose weight! Go ahead. Ruin your appetite on snacks. Because if you want to be more energetic, feel younger, and lose weight, you have to eat more. That is the advice from Keri Glassman, and the basis for the program you'll find in The Snack Factor Diet. Glassman reveals how snacking helps you: - Keep your metabolism revved - Maintain high energy levels - Slow the aging process - Put an end to hunger-related mood swings - Eliminate sugar cravings This proven, groundbreaking diet includes an easy-to-follow menu plan and hundreds of intensely satisfying snacks for every craving. Sweet Chocolate Pudding or Banana Peanut Ice Cream Salty Pizzettes or Prosciutto Wraps Creamy Black Bean Dip or Apple Yogurt.



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