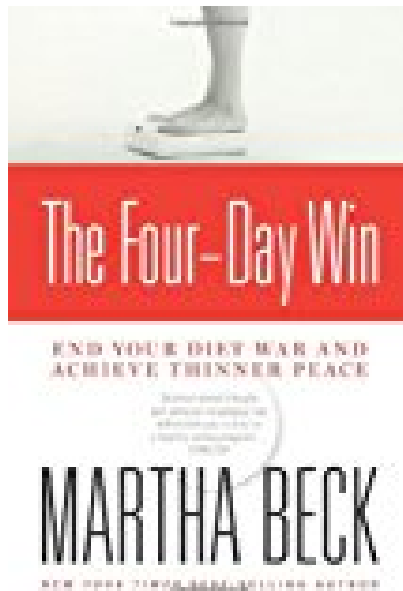


# The Four-Day Win End Your Diet War and Achieve Thinner Peace

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## BOOK DETAILS

- Author : Martha Beck
- Pages : 384 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1594868123



## BOOK SYNOPSIS

A life coach columnist for O magazine challenges opinions about will power being a key element in weight loss, introducing an unconventional program that incorporates a series of four-day habit-changing steps that culminate in an overall healthier lifestyle. Reprint.

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