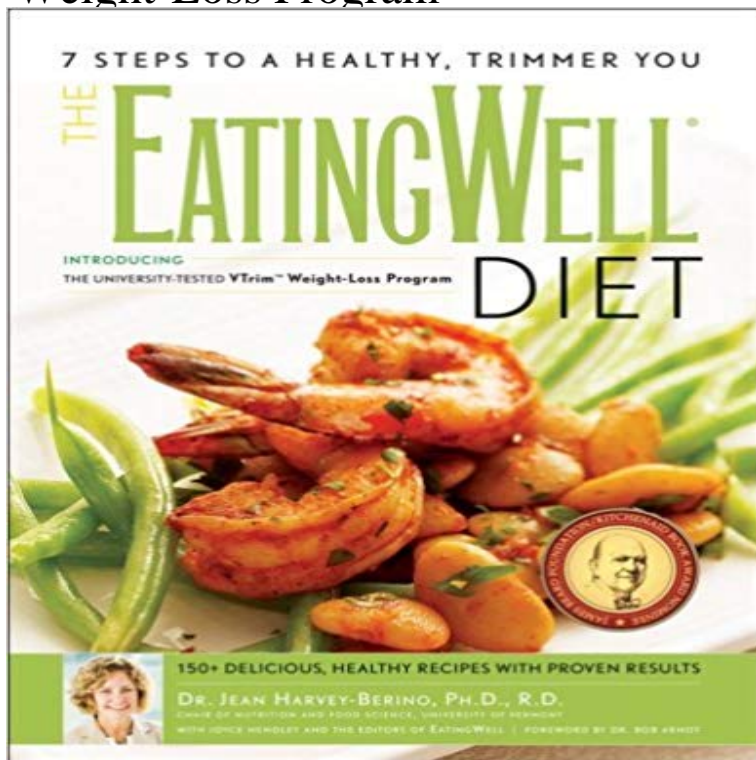


The EatingWell® Diet: Introducing the University-Tested VTrim Weight-Loss Program



A science-based plan that brings together cutting-edge, university-tested weight-loss strategies with delicious, quick, and easy recipes. Almost everyone knows the truth: to lose the weight, we need to eat less and move more, says weight-management pioneer Jean Harvey-Berino. This book is about the missing link: how to do it. Harvey-Berino believes that permanent weight loss only happens by changing everyday behaviors: replacing old, unhealthy habits with new ones. And clinical research proves her right: participants in her behaviorally based VTrim Weight Management Program lost an average of 21 pounds in 6 months more than double that of an online commercial weight-loss program. In a unique collaboration, The EatingWell Diet brings you the tools that helped VTrimers succeed including goal-setting, self-tracking, and controlling eating triggers along with wisdom and recipes from the creative cooks and nutrition experts at the nation's premier magazine of food and health. More than just a sensible way to lose weight, it's a workbook for a healthy way of life.

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