



Smart People Don't Diet

Charlotte Markey

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Being on a diet is a miserable experience for most people, and it rarely leads to the desired goal of shedding fat. In fact, studies show that dieters often gain weight rather than lose it, because the intensity, restrictions, and short duration of most diets means they are ill-equipped to produce long-term effects.

In *Smart People Don't Diet*, Dr Charlotte N. Markey presents a refreshingly different perspective, addressing the underlying causes of weight gain and offering proven strategies for lasting weight management. This book will show you how to eat well, lose weight, and keep it off - without dieting. The gimmicks don't work, but Dr Markey's reasonable, accessible advice will help you get - and stay - healthy.

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