



Eat Delete : The Anti-Quick Fix Approach

By Pooja Makhija

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If you believe that weight loss is a race against time and a screeching, gasping sprint to the finish line, it is better you don't read this book. There is no such thing as a quick fix for weight loss. The key to a hotter you is to take it easy, really listen to your body, and make measured and sustainable nutritional and lifestyle changes. The starting point of any weight-loss programme doesn't begin with what's on your plate, it begins with what's in your mind. Nutritionist to the stars Pooja Makhija gives you a combined mindbody holistic solution, a convenient, easy-to-use reference. So you can be in the best shape of your life. Every day from now on.

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Editorial Review

About the Author

Nutritionist to the stars and a devoted mother of two, Pooja Makhija is one of India's leading experts on nutrition and has counselled over 15,000 clients. Pooja never fails to be amazed by the power of nutrition and has witnessed time and again how something as simple as understanding the importance of food can bring about huge, transformational changes in people's lives. Pooja has recently launched her own wellbeing clinic, Nourish, and she works and lives in Mumbai. This is her first book.

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