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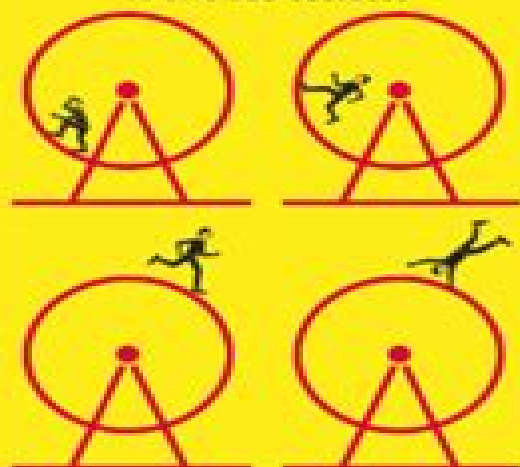
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Recommended Personal Development Books For Beachbody Coaches 2

William W Li



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Eat to Beat Your Diet William W Li, 2023-03-21 The pioneering physician scientist behind the New York Times bestseller *Eat to Beat Disease* reveals the science of eating your way to healthy weight loss In his first groundbreaking book Dr William Li explored the world of food as medicine By eating foods that you already enjoy like tomatoes blueberries sourdough bread and dark chocolate your body activates its five health defense systems to fight cancer diabetes cardiovascular neurodegenerative autoimmune diseases and other debilitating conditions Now in *Eat to Beat Your Diet* Dr Li introduces the surprising new science of weight loss revealing healthy body fat can help you lose weight your metabolism at 60 can be the same as when you were 20 yo yo dieting can be good for your health 8 hour fasting windows can be as effective as 12 hour fasting windows and losing just a little bit of weight can have big impacts on your health *Eat to Beat Your Diet* shows readers how adding the right foods to your diet can heal your metabolism reduce unhealthy body fat and result in the kind of weight loss that can increase your lifespan and help you thrive Foods like Tomatoes Avocado Watermelon Carrots Blueberries Dark Chocolate Mushrooms Lentils Purple Maize Apple Cider Vinegar Turmeric Lobster Mussel Caviar Oysters Sea Bass Green Tea Soy Milk Coffee Pomegranate Juice Both informative and practical Dr Li offers a four week meal plan for food lovers easy food swaps and shopping tips and more than a month of crowd pleasing recipes

Do a Day Bryan Falchuk, 2017-03-01 Bryan Falchuk overcame adversity lost nearly 100 pounds ran a marathon dramatically changed his diet and created an approach to help others live a better life every day That way is Do a Day Like so many people Bryan has faced challenges in life like obesity depression work stress the responsibilities of parenthood the potential of losing his wife to illness and more And he struggled like anyone else Through that struggle Bryan learned the secret to not just overcoming any individual challenge but creating a life of achievement happiness and harmony In *Do a Day* you will learn how to make each day contribute to your goals so you can live the life you want to live a better life *Do a Day* will free you of the burden and judgment of yesterday s choices while relieving you of the pressure of what tomorrow may bring By teaching you how to identify your true motivation and how to use that to focus on what you have to do today *Do a Day* will help you change your life

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