



The New Lean for Life: Outsmart Your Body to Shrink Fat Cells and Lose Weight for Good

Cynthia Stamper Graff, Réginald Allouche M.D.

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Weeks to Lose the Weight.

4 Phases to Keep It Off.

The Lean for Life program has been used for over 40 years in Lindora Clinics to help over 500,000 people lose millions of pounds.

Now this classic bestseller has been completely revised and updated based on groundbreaking new research about the brain's role in weight loss. *The New Lean for Life* uses a revolutionary "smart carb" program coupled with powerful behavioral modification to shrink fat cells while stabilizing blood sugar, reducing inflammation and establishing new habits that will sustain a leaner, healthier you. The easy-to-follow daily plans anticipate your thoughts, needs and cravings before they hit so that you are sure to stay on track and succeed. Results are quick—you'll experience rapid weight loss in just 4 weeks—and lasting. And best of all, you won't feel hungry or deprived!

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