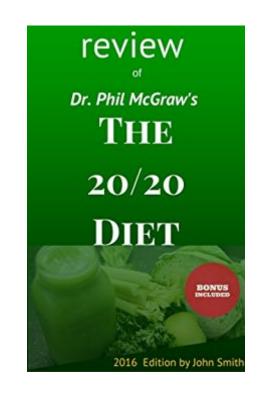
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# The 20/20 Diet Turn Your Weight Loss Into Reality By Dr. Phil McGraw: REVIEW:2016 Edition





### Synopsis

PLEASE NOTE: THIS IS NOT THE ORIGINAL BOOK. How does the 20/20 diet works? Dr. Phil McGraw states that there are some reasons that other diets fail over and over again: impracticality, hunger, cost, boredom, weight loss plateaus, feeling of restriction, cravings and temptations. He goes further to address each of these weight loss impediments by utilizing the latest research and theories that have been made available since his last book, "The Ultimate Weight Solution."....

## **Book Information**

File Size: 1976 KB Print Length: 40 pages Simultaneous Device Usage: Unlimited Publisher: wise secret publisher (December 25, 2015) Publication Date: December 25, 2015 Sold by: Â Digital Services LLC Language: English ASIN: B019U63WBS Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Enabled Enhanced Typesetting: Enabled Best Sellers Rank: #231,320 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #26 in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Family Health #51 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Macrobiotics #70 in Books > Health, Fitness & Dieting > Nutrition > Macrobiotics

#### **Customer Reviews**

I was looking at different health and wellness books on . I liked the author's "to the point and non biased view". I will purchase the 20/20 diet as a result of his honest review.

I wish there was a no star box. This is a waste of money and time. I don't know why this person thinks he has to critique Dr. Phil, but oh well who knows. Just order Dr. Phil's book as I did. We don't need someone telling us about a book we can read for ourselves. I wish I could get my money back but I downloaded it into Kindle. I tried to express myself as the author asked for reviews but it

said it was not available to leave one. :(. When I went to review it for the author it said it wasn't available. :(

I appreciated being able to to read a review of the diet and it help me decide whether or not I wanted to purchase the book. The author's evaluation helped me to decide whether or not I thought the diet would work for me.

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