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Leading Harvard Medical School expert and "obesity warrior" (Time magazine) Dr. David Ludwig rewrites the rules on weight loss, diet, and health in this guide to retraining your cells and reclaiming your health for life. Forget everything you've been taught about dieting. In *Always Hungry?*, renowned endocrinologist Dr. David Ludwig explains why traditional diets don't work and presents a radical new plan to help you lose weight without hunger, improve your health,

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and feel great. For over two decades, Dr. Ludwig has been at the forefront of research into weight control. His groundbreaking studies show that overeating doesn't make you fat; the process of getting fat makes you overeat. That's because fat cells play a key role in determining how much weight you gain or lose. Low-fat diets work against you by triggering fat cells to hoard more calories for themselves, leaving too few for the rest of the body. This "hungry fat" sets off a dangerous chain reaction that leaves you feeling ravenous as your metabolism slows down. Cutting calories only makes the situation worse by creating a battle between mind and metabolism that we're destined to lose. You gain more weight even as you struggle to eat less food. Always Hungry? turns dieting on its head with a three-phase program

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that ignores calories and targets fat cells directly. The recipes and meal plan include luscious high-fat foods (like nuts and nut butters, full-fat dairy, avocados, and dark chocolate), savory proteins, and natural carbohydrates. The result? Fat cells release their excess calories, and you lose weight - and inches - without battling cravings and constant hunger. This is dieting without deprivation. Forget calories. Forget cravings. Forget dieting. Always hungry? reveals a liberating new way to tame hunger and lose weight for good.

**NEW YORK TIMES BESTSELLER** □ This instant classic explores how we can change our lives by changing our habits. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal** □ Financial Times In The Power of



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Habit, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author □Sharp, provocative, and useful.□□Jim

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Collins "Few [books] become essential manuals for business and living. The Power of Habit is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good." "Financial Times "A flat-out great read." "David Allen, bestselling author of Getting Things Done: The Art of Stress-Free Productivity "You"ll never look at yourself, your organization, or your world quite the same way." "Daniel H. Pink, bestselling author of Drive and A Whole New Mind "Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change." "The New York Times Book Review

# 1 international bestselling diet book coming to North America Devised by Dr. Pierre Dukan, a French medical

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doctor who has spent his career helping people to lose weight, the Dukan Diet rejects counting calories and promises permanent weight loss while allowing adherents to eat as much as they like. Originally published in 2000, the Dukan Diet swept across France, championed by people who successfully lost weight following its unique four phase regime. The Dukan Diet has helped millions in France, where it has been number one for more than ten years and adopted in twenty countries, including the United Kingdom, Poland, Korea and Brazil. All together, The Dukan Diet has sold more than 3 million copies worldwide. The Diet: 4 Easy Steps to Permanent Weight Loss Phase one: Attack Using Dr. Dukan's True Weight calculator, dieters determine a reasonable and healthy weight loss goal. Then they begin the Dukan Attack

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phase a two-to-seven-day period during which only unlimited lean protein and a daily Oat bran galette (or pancake) are consumed and dramatic weight loss is achieved. Phase Two: Cruise Dieters alternate days of unlimited lean protein with days of protein combined with healthful vegetables until they reach their True Weight. Phase Three: Consolidation Dieters stay on this phase for 5 days for every pound lost. At this point the diet allows unlimited protein and vegetables, and other foods (such as cheese and bread) are reintroduced. Dieters are also allowed two weekly celebration meals to stave off boredom. Phase Four: Stabilization This is the maintenance portion of the plan, in which followers are allowed to eat whatever they like without regaining weight provided that they follow 3 unbreakable rules including eating

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only unlimited lean protein one set day per week. For each phase, The Dukan Diet offers clear simple guidelines for long term success. The Dukan Diet is the perfect diet for people who want fast weight loss, that can be maintained without counting calories or weighing portions.

The food at the world-famous Chopra Center for Well Being is designed to delight the senses, enliven vitality, and tap into the joy of being alive. Now, Deepak Chopra, David Simon, and Leanne Backer offer you marvelous recipes from this extraordinary place of healing-showing how nature provides us with all the nutrients we need to create meals that are delicious as well as nutritious. Combining modern nutritional science and Ayurveda, the most ancient healing system on

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the planet, The Chopra Center Cookbook features more than 200 appetizing, easy-to-prepare recipes and 30 days of balanced meal plans. You'll discover a new world of flavor and enjoyment with these low-fat dishes as the authors show you how to eat food that is good for you, re-establish the mind-body connection, and reverse the aging process. ZUCCHINI PECAN BREAD \* THAI NOODLES \* BRAISED SALMON WITH MANGO TOMATO SALSA \* EGGPLANT CAULIFLOWER CURRY \* VEGETARIAN PAELLA \* ROSEMARY WHITE BEAN SOUP \* MOTHER EARTH'S APPLE PIE \* RAINBOW RISOTTO \* GREEK GODDESS SALAD \* MOROCCAN VEGETABLES \* SPICY MEXICAN RICE \* VEGETABLE HUMMUS WRAP \* APPLE LEEK CHUTNEY \* MANDARIN TOMATO SALSA \* PEANUT

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Saving democracy

Major New York Times bestseller Winner of the National

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Academy of Sciences Best Book Award in 2012 Selected by the New York Times Book Review as one of the ten best books of 2011 A Globe and Mail Best Books of the Year 2011 Title One of The Economist's 2011 Books of the Year One of The Wall Street Journal's Best Nonfiction Books of the Year 2011 2013 Presidential Medal of Freedom Recipient

Kahneman's work with Amos Tversky is the subject of Michael Lewis's *The Undoing Project: A Friendship That Changed Our Minds* In the international bestseller, *Thinking, Fast and Slow*, Daniel Kahneman, the renowned psychologist and winner of the Nobel Prize in Economics, takes us on a groundbreaking tour of the mind and explains the two systems that drive the way we think. System 1 is fast, intuitive, and emotional; System 2 is slower, more



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deliberative, and more logical. The impact of overconfidence on corporate strategies, the difficulties of predicting what will make us happy in the future, the profound effect of cognitive biases on everything from playing the stock market to planning our next vacation—each of these can be understood only by knowing how the two systems shape our judgments and decisions. Engaging the reader in a lively conversation about how we think, Kahneman reveals where we can and cannot trust our intuitions and how we can tap into the benefits of slow thinking. He offers practical and enlightening insights into how choices are made in both our business and our personal lives—and how we can use different techniques to guard against the mental glitches that often get us into trouble. Winner of the National Academy of Sciences Best

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Book Award and the Los Angeles Times Book Prize and selected by The New York Times Book Review as one of the ten best books of 2011, Thinking, Fast and Slow is destined to be a classic.

Consejos Sobre el Régimen Alimenticio by Elena G. de White. En letra GRANDE.

'Globalization' is a word that is currently much in use. This book is an attempt to show that there is far more to globalization than its surface manifestations. Unpacking the social roots and social consequences of globalizing processes, this book disperses some of the mist that surrounds the term. Alongside the emerging planetary

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dimensions of business, finance, trade and information flow, a 'localizing', space-fixing process is set in motion. What appears as globalization for some, means localization for many others; signalling new freedom for some, globalizing processes appear as uninvited and cruel fate for many others. Freedom to move, a scarce and unequally distributed commodity, quickly becomes the main stratifying factor of our times. Neo-tribal and fundamentalist tendencies are as legitimate offspring of globalization as the widely acclaimed 'hybridization' of top culture - the culture at the globalized top. A particular reason to worry is the progressive breakdown in communication between the increasingly global and extra-territorial elites and ever more 'localized' majority. The bulk of the population, the 'new middle class', bears the brunt of

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these problems, and suffers uncertainty, anxiety and fear as a result. This book is a major contribution to the unfolding debate about globalization, and as such will be of interest to students and professionals in sociology, human geography and cultural issues.

**NEW YORK TIMES BESTSELLER** □ □A fascinating look at how consumers perceive logos, ads, commercials, brands, and products.□□Time How much do we know about why we buy? What truly influences our decisions in today's message-cluttered world? In *Buyology*, Martin Lindstrom presents the astonishing findings from his groundbreaking three-year, seven-million-dollar neuromarketing study—a cutting-edge experiment that peered inside the brains of 2,000 volunteers

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from all around the world as they encountered various ads, logos, commercials, brands, and products. His startling results shatter much of what we have long believed about what captures our interest—and drives us to buy. Among the questions he explores: □ Does sex actually sell? □ Does subliminal advertising still surround us? □ Can “cool” brands trigger our mating instincts? □ Can our other senses—smell, touch, and sound—be aroused when we see a product? Buyology is a fascinating and shocking journey into the mind of today's consumer that will captivate anyone who's been seduced—or turned off—by marketers' relentless attempts to win our loyalty, our money, and our minds.

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