

1. Record Nr.	UNINA9910162730103321
Autore	Widerstrom Jen
Titolo	Diet Right for Your Personality Type : The Revolutionary 4-Week Weight-Loss Plan That Works for You
Pubbl/distr/stampa	, : Potter/Ten Speed/Harmony/Rodale, , 2017 ©2017
ISBN	0-451-49799-6
Descrizione fisica	1 online resource (234 pages)
Classificazione	HEA006000HEA019000SEL021000
Disciplina	613.2/5
Soggetti	Weight loss Personality Self-care, Health
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	"Health and fitness expert Jennifer Widerstrom has learned one important thing through her work with contestants on NBC's The Biggest Loser and her clients who have collectively lost thousands of pounds: when it comes to dieting, one size does not fit all. In order to successfully lose weight, your diet plan should be based on your needs and patterns as an individual. Now, in her first book, Widerstrom has developed a revolutionary plan for maximizing weight loss and keeping it off once and for all by eating right for your specific personality type. Our personalities make us who we are, and understanding yours, along with your unique needs and style, is what will help you effectively lose weight for the long term rather than the short term. In this book, Widerstrom reveals the five basic, most common personality types. Starting with a simple quiz, readers will be able to figure out which type they fall into: the Everyday Hero (who always puts themselves last), the Rebel (who is impulsive and noncommittal), the Organized Doer (the type-A personality who craves routine and rules), the Swinger (the adventurous type who follows the trendiest fads), or the Never Ever (who believes if the pants don't fit, buy bigger pants). Once they've identified their type, readers will be guided through a four-week diet

and fitness plan that caters to their own individual strengths and weaknesses. With motivational advice, meal plans, recipes, exercise plans, and more, readers will finally learn how to effectively lose weight and maintain a lasting healthy lifestyle"--

"Health and fitness trainer and co-star of NBC's The Biggest Loser Jen Widerstrom's groundbreaking weight-loss program to help readers drop pounds with a customized approach based on eating right for their personality type"--

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