



The Mayo Clinic Diet: Eat well. Enjoy Life. Lose weight.

By the weight-loss experts at Mayo Clinic



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Now in paperback! The #1 *New York Times* bestseller with a brand-new, two-week menu guide designed to kick-start your weight loss.

From Mayo Clinic, a leading authority on health and nutrition, comes *The Mayo Clinic Diet*, designed to be the last diet you'll ever need. In two simple phases, you'll be on the road to a healthy weight for the rest of your life.

Packed with lots of extra encouragement—meal planners, recipes, tips for overcoming challenges, starting an exercise plan, and much more—*The Mayo Clinic Diet* gives you everything you need in one book. Toss out the scales and calculators and pick up the foods you love. This is the diet you've been waiting for!

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Editorial Review

From Publishers Weekly

Just in time for New Year's resolutions, experts from the Mayo Clinic present a well-rounded plan for dieting right. Editor-in-chief Donald Hensrud, chair of the Mayo Clinic's Preventive and Occupational Medicine division, packs this straightforward guide with useful tips, concise lists, charts, and color photos. Eschewing fads and quick fixes, the diet sticks to an involved, long-term, but indisputable plan for those willing to make significant lifestyle changes. Part one, Lose It, includes a two-week intro program designed to result in six to 10 pounds of weight loss, provided readers take up five new habits, including eating breakfast and upping their intake of whole grains, while quitting five old habits, like eating in front of the TV. Part two, Live It, modifies those techniques to sustain one to two pounds of weight loss a week. Part three helps readers with immediate and long-term challenges like behavior modification and stress, as well as meal planning and eating out. Efficiently organized with convenient reference points, this is a worthy guide for any determined dieter. (*Jan.*)

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Review

I wanted a healthful, long-term plan, but I also needed to be bikini-ready in just six weeks. I gravitated to The Mayo Clinic Diet, the trusted hospital's first-ever weight-loss book, because it isn't a rigid eat-this-not-that meal plan, but more of a food-pyramid inspired puzzle.

-Amy Grippo, Marie Claire

"This diet is not a fad. You've had enough of those and know the results. Using clinically tested techniques, The Mayo Clinic Diet puts you in charge of making simple, pleasurable changes that will result in a weight you can maintain for the rest of your life."

-Donald Hensrud, M.D., diet expert at Mayo Clinic

About the Author

Mayo Clinic is the first and largest integrated, not-for-profit group practice in the world. Doctors from every medical specialty work together to care for patients, joined by common systems and a philosophy that the needs of the patient come first. Over 3,600 physicians and scientists and 50,000 allied staff work at Mayo, which has sites in Rochester, Minn.; Jacksonville, Fla.; and Scottsdale/Phoenix, Ariz. Collectively, Mayo Clinic treats more than 500,000 patients a year. For more than 100 years, millions of people from all walks of life have found answers at Mayo Clinic. Mayo Clinic works with many insurance companies, does not require a physician referral in most cases and is an in-network provider for millions of people.

Users Review

From reader reviews:

Rose Sosa:

Nowadays reading books be a little more than want or need but also work as a life style. This reading routine give you lot of advantages. The benefits you got of course the knowledge your information inside the book

this improve your knowledge and information. The knowledge you get based on what kind of e-book you read, if you want have more knowledge just go with knowledge books but if you want sense happy read one together with theme for entertaining like comic or novel. The particular The Mayo Clinic Diet: Eat well. Enjoy Life. Lose weight. is kind of reserve which is giving the reader unpredictable experience.

Ernie Fleishman:

This The Mayo Clinic Diet: Eat well. Enjoy Life. Lose weight. is great publication for you because the content which is full of information for you who also always deal with world and still have to make decision every minute. That book reveal it information accurately using great arrange word or we can state no rambling sentences included. So if you are read the item hurriedly you can have whole facts in it. Doesn't mean it only provides straight forward sentences but hard core information with splendid delivering sentences. Having The Mayo Clinic Diet: Eat well. Enjoy Life. Lose weight. in your hand like having the world in your arm, info in it is not ridiculous one. We can say that no reserve that offer you world throughout ten or fifteen minute right but this e-book already do that. So , it is good reading book. Hello Mr. and Mrs. stressful do you still doubt that will?

Pandora Rice:

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Ronald Peyton:

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