



The 8-Hour Diet: Watch the Pounds Disappear without Watching What You Eat!

By David Zinczenko, Peter Moore



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In *The 8-Hour Diet*, David Zinczenko and Peter Moore present a paradigm-shifting plan that allows readers to eat all the foods that they love, while losing those extra pounds that they hate. But it's so simple it's like clockwork. Literally.

Research shows that by focusing their diet on 8 critical, nutrient-rich Superfoods--and eating as they normally would, but only within an 8-hour window each day--readers really can eat whatever they want, while losing weight faster than they ever imagined. The timing mechanism is such that it will reset a dieter's metabolism so that he or she can enter fat-burning mode first thing in the morning--and stay there all day long.

In the book, readers will additionally find motivating strategies, cheating tips for those days when an 8-hour schedule is impossible, a sample eating plan, delicious recipes (of course, rich in Superfoods), an eight-minute daily workout routine to maximize calorie burn, and a bonus workout for those looking not only to lose weight but also to tone their bodies. *The 8-Hour Diet* promises to strip away unwanted pounds, and to give readers the focus and willpower they need to reach all of their goals for weight loss (and otherwise).

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Editorial Review

About the Author

DAVID ZINCZENKO is the blockbuster bestselling author of the *Eat This, Not That!* series, along with more than a dozen other *New York Times* bestsellers, with more than ten million books in print. The former editor in chief of *Men's Health* and editorial director at *Women's Health*, he has been a regular guest on Good Morning America, Dr. Oz, The View, The Oprah Winfrey Show, The Ellen DeGeneres Show, 20/20, The Biggest Loser, and other programs.

PETER MOORE is the co-author of the *New York Times* bestseller *The Lean Belly Prescription*. He is a National Magazine Award winner and editor of *Men's Health*.

Users Review

From reader reviews:

Loretta Claybrooks:

The reserve with title The 8-Hour Diet: Watch the Pounds Disappear without Watching What You Eat! possesses a lot of information that you can understand it. You can get a lot of profit after read this book. This book exist new information the information that exist in this publication represented the condition of the world today. That is important to yo7u to find out how the improvement of the world. This specific book will bring you inside new era of the globalization. You can read the e-book with your smart phone, so you can read that anywhere you want.

Drew Poland:

A lot of people always spent all their free time to vacation or go to the outside with them family members or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity this is look different you can read any book. It is really fun for you personally. If you enjoy the book you read you can spent the whole day to reading a guide. The book The 8-Hour Diet: Watch the Pounds Disappear without Watching What You Eat! it is very good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. When you did not have enough space bringing this book you can buy the actual e-book. You can m0ore simply to read this book out of your smart phone. The price is not very costly but this book provides high quality.

Santiago Johnson:

People live in this new time of lifestyle always try and and must have the time or they will get lots of stress from both day to day life and work. So , whenever we ask do people have time, we will say absolutely of course. People is human not just a robot. Then we ask again, what kind of activity are there when the spare

time coming to anyone of course your answer can unlimited right. Then do you try this one, reading books. It can be your alternative throughout spending your spare time, the actual book you have read is usually The 8-Hour Diet: Watch the Pounds Disappear without Watching What You Eat!.

Margaret Watt:

The 8-Hour Diet: Watch the Pounds Disappear without Watching What You Eat! can be one of your starter books that are good idea. All of us recommend that straight away because this reserve has good vocabulary which could increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to get every word into enjoyment arrangement in writing The 8-Hour Diet: Watch the Pounds Disappear without Watching What You Eat! however doesn't forget the main level, giving the reader the hottest and based confirm resource data that maybe you can be certainly one of it. This great information could drawn you into fresh stage of crucial thinking.

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