



The Four-Day Win: End Your Diet War and Achieve Thinner Peace

Martha Beck

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The woman *Psychology Today* calls "the best-known life coach in America" shatters the myth that willpower is an effective weight-loss tool and introduces a revolutionary approach to lifetime leanness based on a series of "4-day wins" that work with any weight-loss program.

This paperback edition includes an appendix where readers can complete the book's many exercises, making it even easier to follow the program!

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