



## Slim Down Now: Shed Pounds and Inches with Real Food, Real Fast

By Cynthia Sass

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Slim Down Now: Shed Pounds and Inches with Real Food, Real Fast, Cynthia Sass, Cynthia Sass, New York Times bestselling author of S.A.S.S. Yourself Slim and coauthor of Flat Belly Diet!, introduces a new superfood that holds the power to whittle your waistline in no time. Called "pulses," this unique class of protein-rich carbs includes lentils, chickpeas, and many varieties of beans. By incorporating just one serving of these supershredders into your daily meals, you'll burn more fat, feel more full, and have more energy. The weight will come off immediately, and you'll reap the many rewards of Sass's Pulse Plan: \* lose up to 8 pounds in the first four days \* no counting calories \* eat carbs and still get great results (that's right, they're not the enemy!) \* enjoy over 100 delicious, satisfying, and affordable recipes \* adopt a less-is-more exercise philosophy focused on fun methods that don't feel tedious or punishing \* protect your heart, lower your risk for type 2 diabetes and cancer, and improve your overall nutrient intake "My skin looks better and the dark circles under my eyes are gone. I feel great, and...



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