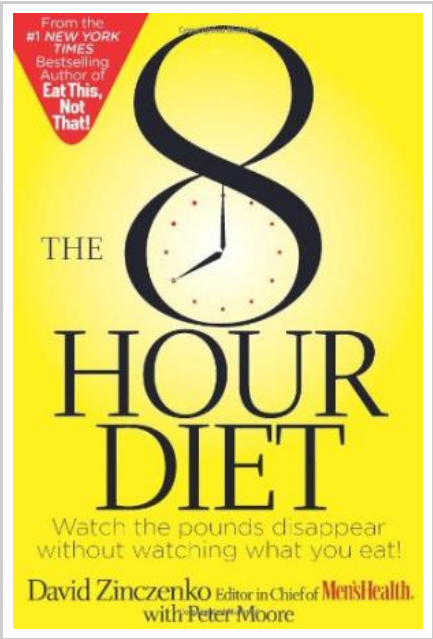


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The 8-Hour Diet: Watch the Pounds Disappear Without Watching What You Eat

By David Zinczenko

Rodale Press. Hardcover. Book Condition: New. Hardcover. 288 pages. Dimensions: 9.1in. x 6.2in. x 1.0in.In The 8-Hour Diet, bestselling authors David Zinczenko and Peter Moore present a paradigm-shifting plan that allows readers to eat anything they want, as much as they wantand still strip away 20, 40, 60 pounds, or more. After visits to world-renowned researchers at the Salk Institute, in La Jolla, California, and the National Institute on Aging, in Baltimore, and completing interviews with a dozen other clinical expertsplus poring over the copious amounts of new research in the fascinating field of intermittent fasting, Zinczenko and Moore came up with a plan that they themselves tried, and they engaged 2, 000 people for a test panel. Based on their interviews, research, and test panel results, they determined that readers can lose remarkable amounts of weight eating the foods they like bestas long as they eat within a set 8-hour time period. Fasting is, of course, an ancient spiritual and health practice, but its also a way to sidestep many of the ills of the modern worldincluding diabetes, heart disease, and cognitive impairment. Zinczenko and Moore demonstrate how simply observing this timed-eating strategy, even just three days a week,...

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