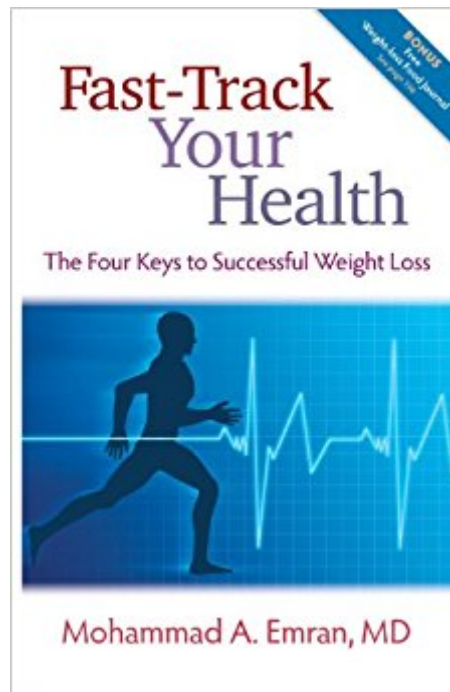




The book was found

Fast-Track Your Health



Synopsis

The keys to successful weight loss have eluded millions of people worldwide. An alarming number of people are overweight. According to the Centers for Disease Control and Prevention, over one third of adults in the U.S. are obese, and not one of the fifty states meets the nation's Healthy People 2010 goal to lower the prevalence of obesity to 15 percent. In *Fast-Track Your Health*, Dr. Mohammad A. Emran offers help to those who've had many unsuccessful weight-loss attempts or are looking for the knowledge that can lead them to success. Dr. Emran has included his personal experiences with patients and with his own family to illustrate the techniques for effective weight loss. *Fast-Track Your Health* will help you:

- * Identify the common factors shared by people who have succeeded in losing weight.
- * Avoid the common difficulties that can prevent weight loss.
- * Discover why it's best not to focus on any specific diet or type of exercise!
- * Organize the process of weight loss and weight maintenance.
- * Maintain hope in spite of the problems you might have previously experienced.

Book Information

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Customer Reviews

Fantastic Book! By Rachel Glover
Dr. Emran's book breaks down weight loss to a realistic goal that anyone can achieve. He discusses an easy plan to follow without the current gimmicks we hear about every day on how to lose weight. He takes that "pipe dream" of weight loss and demonstrates how it can become your reality if you practice the simple steps presented in this book. Great book for any one wanting to become more healthy or for anyone who wants to achieve any goal! Dr. Emran's passion on this topic is evident in his book! Excellent Work!
By Evelyn Ferrer
I have read more than 20 books about

this topic and finally found one that is simple, realistic and it helps! I read this book 4 days ago and have lost 2 lbs already, just by following the four keys to successful weight loss. If you have tried everything to lose weight and are still working on it, this is the book. Dr. Emran thank you for a great book and for sharing your knowledge with the public. Highly applaud and recommend this book by Tony It is a common sense that needed to be read, since starting reading this book I've started losing weight already, just by following the four keys to successful weight loss, this book breaks down weight loss to a true goal that everyone can accomplish, and this is a must for anyone considering a plan for weight managing. Dr. Emran explains through facts and reasonable strategies the basic steps to achieve long-term weight loss. If you've tried everything and are tired of searching for a weight-loss solution, Dr. Emran unlocks the secret to permanent, achievable results! --Kara Steck, founder, Accelerated Results Institute Dr. Emran knows how to write from the heart! If your goal is to lose weight, the four keys he presents will unlock your gateway to success. --Karen Warren Locklear, author of Freedom From Obesity Dr. Emran knows how to write from the heart! If your goal is to lose weight, the four keys he presents will unlock your gateway to success. --Karen Warren Locklear, author of Freedom From Obesity

Your Fast-track Plan for a Healthier Life Begins by Using the Four Keys to Successful Weight Loss Think for a moment of all the weight-loss programs, diets, and exercise regimens you've tried. Is weight-loss surgery in your past or on your mind today? Or are you simply looking for a successful weight loss plan you or your loved ones can implement with confidence? Regardless of where you are with your weight management situation, we can help.

It is a common sense that needed to be read, since starting reading this book I start losing weight already, just by following the four keys to successful weight loss, this book breaks down weight loss to a true goal that everyone can accomplish, and this is a must for anyone considering a plan for weight managing. Dr. Emran explains through facts and reasonable strategies the basic steps to achieve long-term weight loss, thank you for a great book and for sharing your knowledge with us. OUTSTANDING BOOK!

I highly recommend this book, I have read more than 10 books about healthy living and weight loss since I moved to the US, but this is the only book that gave me the answers that I have been looking for. Easy to understand for everyone.

Book is great. Simple, easy to read and understand, full of great information. Practical knowledge to get you on your way to losing weight.

It is a very easy read. It was common sense that needed to be read again. Glad I bought this book.

Dr. Emran's book breaks down weight loss to a realistic goal that anyone can achieve. He discusses an easy plan to follow without the current gimmicks we hear about every day on how to lose weight. He takes that "pipe dream" of weight loss and demonstrates how it can become your reality if you practice the simple steps presented in this book. Great book for any one wanting to become more healthy or for anyone who wants to achieve any goal! Dr Emran's passion on this topic is evident in his book!

This was the first time I ever started a "diet" on a Saturday! After spending Friday evening reading, I followed the advice offered! The next morning I set about doing a healthy life plan using Fast-Track as my planner and director. The book offers a straight forward approach to successfully making the needed changes to achieve weight loss goals. Once you set your goals, as outlined clearly in Dr. Emran's book, the plan to achieve them looks reasonable and reachable. Every week I check off another goal I have reached! It's the best plan I have ever made for a healthy lifestyle.

I have read more than 20 books about this topic and finally found one that is simple, realistic and it helps!! I read this book 4 days ago and have lost 2 lbs already, just by following the four keys to successful weight loss. If you have tried everything to lose weight and still working on it, this is the book. Dr. Emran thank you for a great book and for sharing your knowledge with the public. EXCELLENT WORK!

I highly recommend this book. Easy to read and follow. I love it and I'm already getting slimmer by following the four keys. Finally a book that will give me the results I want. Struggling with weight management it's not easy and this book targets all the areas to a successful weight loss.

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