



# **The Body Reset Diet: Power Your Metabolism, Blast Fat, and Shed Pounds in Just 15 Days**

*Harley Pasternak*

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America has gone way overboard trying to beat the bulge. We've tried every diet out there--low-carb, low-fat, all-grapefruit--and spent hours toiling on treadmills and machines, to no avail. It's time for readers to hit the reset button and start over with a new perspective on weight loss.

In *The Body Reset Diet*, celebrity trainer and *New York Times* bestselling author Harley Pasternak offers readers the ultimate plan for a thinner, healthier, happier life. This three-phase program focuses on the easiest, most effective way to slim down: blending. The 5-day jump-start includes delicious, expertly crafted smoothies (White Peach Ginger, Apple Pie, and Pina Colada, to name a few), dips, snacks, and soups that keep readers satisfied while boosting their metabolism. Over the following 10 days, the plan reintroduces healthy combinations of classic dishes along with the blended recipes to keep the metabolism humming, so readers will continue to torch calories and shed pounds.

The plan also explains how the easiest form of exercise--walking--along with light resistance training is all it takes to achieve the celebrity-worthy physique that we all desire. No equipment necessary! Whether readers are looking to lose significant weight or just those last 5 pounds, *The Body Reset Diet* offers a proven program to reset, slim down, and get healthy in just 15 days--and stay that way for good!

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#### **Inge Reader:**

Playing with family in a park, coming to see the marine world or hanging out with close friends is thing that usually you could have done when you have spare time, then why you don't try factor that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love The Body Reset Diet: Power Your Metabolism, Blast Fat, and Shed Pounds in Just 15 Days, you can enjoy both. It is very good combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout folks. What? Still don't have it, oh come on its named reading friends.

#### **Patrick Duenas:**

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