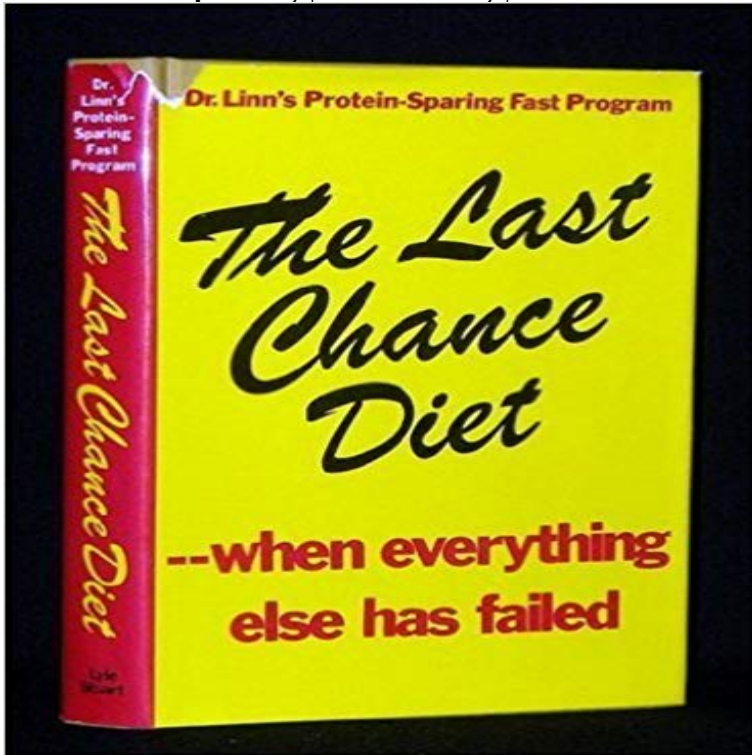


The Last Chance Diet--When Everything Else Has Failed: Dr. Linns Protein-Sparing Fast Program



From the jacket: THE LAST CHANCE DIET has been called the biggest breakthrough against obesity since starvation. The publisher of this book should know! After struggling against weight for nearly a quarter of a century, he read about the protein-sparing fast in the January 1976 issue of Vogue magazine. He had tried dozens of diets and had just about given up. But the magazine article, quoting an assistant professor at Harvard Medical School, caught his eye. The professor, a medical doctor, said: People speak of reaching a goal when theyve lost the weight they want to lose. That is a start, not a goal. The goal is a life style that allows one to maintain the weight loss. The publisher decided to try it. In less than one hundred days and with virtually no effort, he had lost seventy pounds. And he has kept it off. In these pages you will learn not only how the method administered by Dr. Linn works, but why you became fat and have remained fat, despite attempting all the fad diets known to overweight Americans. You will learn how to lose the weight swiftly and without taking drugs or medication. You will learn how you can feel better than youve felt in years and how, even while losing the weight, you will be changing your lifetime attitudes towards food and the act of eating. When you follow directions, weight loss is immediate. IT IS SAFE. It is so encouraging as to be constantly self-motivating. Best of all (and we must repeat this), you are not deceived into thinking that taking off extra pounds is the goal. The goal is to keep them off. When youve completed the protein-sparing fast and go to refeeding and then to maintenance, you are on The Last Chance Diet-the only diet you will ever need to keep you thin. All of this and so much more is contained in what its publisher believes is the most important and most helpful book ever published on the subject

of excess weight and how to become thin again.

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