



# Boosting Your Metabolism For Dummies

*Rachel Berman*

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The easy way to boost your metabolism and lose weight... for good!

People often wonder why their dieting and exercise efforts seem to result in little or no weight loss. Some people may have to work hard to simply maintain their current weight. With such a dilemma, they may blame their woes on a "slow metabolism". Unfortunately, there is no miracle diet that works for everyone because everyone has a unique body type and traits which impact their metabolic rate. *Boosting Your Metabolism For Dummies* helps you identify why your efforts have failed in the past and determine how to shift your unique metabolism into high gear by eating specific foods and performing particular exercises. Transform your mind and body for good with what *Boosting Your Metabolism For Dummies* offers:

An explanation of common misconceptions about metabolism

How to calculate and influence one's metabolic rate

How to get in the right mindset and embark on the path to lifestyle change

How to navigate the grocery store for metabolism boosting foods and 40+ quick and easy recipes

Meal planning tips and smart strategies for eating out

Metabolism boosting workouts

Tips to get family onto the healthy metabolism wagon

If you're looking for a fun and easy-to-understand guide that shows you how to put your metabolism to work, increase overall health, and get the body you've always wanted, *Boosting Your Metabolism For Dummies* has you covered.

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#### **Patricia Frazier:**

Spent a free time and energy to be fun activity to try and do! A lot of people spent their down time with their family, or their friends. Usually they doing activity like watching television, going to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Might be reading a book can be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to test look for book, may be the reserve untitled Boosting Your Metabolism For Dummies can be very good book to read. May be it is usually best activity to you.

#### **Amanda Doss:**

A lot of people always spent their free time to vacation or perhaps go to the outside with them family or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read any book. It is really fun for you personally. If you enjoy the book which you read you can spent the entire day to reading a e-book. The book Boosting Your Metabolism For Dummies it is rather good to read. There are a lot of people that recommended this book. They were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the particular e-book. You can m0ore easily to read this book from the smart phone. The price is not too costly but this book has high quality.

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