



# **The 3-Day Solution Plan: Jump-start Lasting Weight Loss by Turning Off the Drive to Overeat**

*Laurel Mellin*

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The Solution to Dieting!

Almost everyone who wants to lose weight makes a painful discovery: diets don't work. After following the rules and wrestling with the temptations, nearly all dieters regain what they have lost—and then some. What's worse, the anger and frustration of constant dieting just make us want to eat more! If only we could turn off the drive to overeat. But that's impossible, right? Wrong!

Based on the amazingly effective method developed by weight-loss expert Laurel Mellin, The 3-Day Solution Plan will give you a powerful, step-by-step plan to turn off the drive to overeat while shedding up to six pounds! A proven program for lasting weight loss without dieting, The Solution Method was developed by Mellin at the University of California, San Francisco's School of Medicine. Health magazine named it one of the 10 top medical advances of 2000. But this is the first time The Solution Method has been made accessible to everyone as a results-oriented jumpstart to the program—and it only takes three days.

The life-changing potential of The Solution Method is that it directly addresses the feeling brain, the home of our most primitive urges, like eating. Other weight loss programs are based on knowledge and planning—activities of the thinking brain. The problem is that there is no significant relationship between the feeling brain and the thinking brain. Reason can't make anyone stop wanting a cookie.

But as Solution participants attest: this program works. Two- and six-year follow-up studies have shown The Solution to produce weight loss without dieting and unparalleled results in terms of keeping it off. In just three days you will get started with the method and

- Lose up to six pounds without dieting
- Learn how to turn off the drive to overeat
- Follow the simple and healthy 1-2-3 Eating Plan
- Find out how fantastic you can feel every day!

With delicious recipes, complete menus, and suggestions for easy restaurant substitutions, The 3-Day Solution Plan is a complete road map that begins guiding you toward the ultimate destination: a thinner, more vibrant you!

*From the Hardcover edition.*

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#### **Cassandra Martin:**

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#### **Richard Hennessy:**

A lot of people always spent all their free time to vacation or maybe go to the outside with their loved ones or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read a book. It is really fun for you. If you enjoy the book that you read you can spend 24 hours a day to reading a reserve. The book The 3-Day Solution Plan: Jump-start Lasting Weight Loss by Turning Off the Drive to Overeat it is very good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. In case you did not have enough space to bring this book you can buy often the e-book. You can more effortlessly to read this book through your smart phone. The price is not too expensive but this book has high quality.

#### **Cecil Atkins:**

The book entitled The 3-Day Solution Plan: Jump-start Lasting Weight Loss by Turning Off the Drive to Overeat contain a lot of information on that. The writer explains your idea with easy method. The language is very straightforward all the people, so do not really worry, you can easily read the item. The book was written by famous author. The author gives you in the new period of time of literary works. You can actually read this book because you can continue reading your smart phone, or program, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can wide open their official website as well as order it. Have a nice read.

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