



YOU(r) Teen: Losing Weight: The Owner's Manual to Simple and Healthy Weight Management at Any Age

Michael F. Roizen, Mehmet Oz

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Every stage of life has its share of obstacles. But many folks would argue that the teen years—with all the ups, downs, and in-betweens of freaky friends and freaky and fiery hormones—can be more complex than rocket science. In *YOU(R) Teen: Losing Weight*, Dr. Michael Roizen and Dr. Mehmet Oz offer choices that aren't just simple but are smart ways to control hunger. That's our goal: to teach you how to diet smart, not hard. *YOU(R) Teen: Losing Weight* has many simple, smart choices for health and fitness that teach readers what works in terms of weight loss and how to create an environment that allows these actions to become fun, sustained, and automatic.

Excerpted from *YOU: On a Diet* and *YOU: The Owner's Manual for Teens*, this book is packed with the strategies and tips that you can employ to lose weight safely and practically. It's also loaded with great family-friendly recipes, a sample two-week diet plan, and three family-friendly workouts that will help burn calories and build stronger bodies. Aimed specifically at some of the health and body issues that directly affect teens, but written for the whole family, *YOU(R) Teen: Losing Weight* is about learning the best practices for a lifetime of good health.

Managing weight and health doesn't have to be a struggle; with the right techniques, you can make it much easier than you ever dreamed! Many of these strategies will work for anyone trying to lose weight; this book can be used as a way to help the whole family make improvements in their health.

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Daniel Rogers:

Have you spare time to get a day? What do you do when you have far more or little spare time? That's why, you can choose the suitable activity with regard to spend your time. Any person spent their spare time to take a go walking, shopping, or went to the particular Mall. How about open as well as read a book allowed YOU(r) Teen: Losing Weight: The Owner's Manual to Simple and Healthy Weight Management at Any Age? Maybe it is for being best activity for you. You understand beside you can spend your time with the favorite's book, you can wiser than before. Do you agree with their opinion or you have different opinion?

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