



# **Eat More, Weigh Less: Dr. Dean Ornish's Program for Losing Weight Safely While Eating Abundantly**

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## **Eat More, Weigh Less: Dr. Dean Ornish's Program for Losing Weight Safely While Eating Abundantly** Dean Ornish

The phenomenal *New York Times* bestseller -- now revised and updated for a new century.

Eat more, weigh less? How is this possible? Because as this groundbreaking work clearly shows, it's not just how much you eat, it's primarily what you eat.

Most diets rely on small portion sizes to reduce calories sufficiently. You feel hungry and deprived. Dr. Ornish's revolutionary program takes a new approach, one scientifically based on the type of food rather than the amount of food. Abundance rather than hunger and deprivation. So you can eat more frequently, eat a greater quantity of food-and still lose weight and keep it off. Simply. Safely. Easily. With 250 delicious low-fat recipes by some of the country's most celebrated chefs.

Dr. Ornish's program is a medically proven approach that can help you improve your health and well-being, not just lose weight. It's also about learning how to begin healing emotional pain, loneliness, and isolation in your life, providing nourishment not only for your body but also for your soul. His program has given millions of people new hope and new choices.

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