



The McDougall Program for Maximum Weight Loss

By John A. McDougall

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The McDougall Program for Maximum Weight Loss By John A. McDougall

Bestselling author of *The Starch Solution* and *The Healthiest Diet on the Planet*

“You never have to be fat or hungry again.”—*Your Health*

Lose weight, eat as much as you want, feel healthy, and look great. This may sound like an impossible dream, but with *The McDougall Program for Maximum Weight Loss* it is a dream come true for thousands of people. In this groundbreaking book, Dr. John A. McDougall draws on the latest scientific and medical information about nutrition, metabolism, and hunger to provide a simple weight-loss plan. Feature more than 100 healthy and delicious recipes by Mary McDougall, packed with all the information and encouragement you need, this total weight-loss program also brings you:

- Studies and documentation on the McDougall approach
- The secrets of carbohydrates, your metabolism, and weight loss
- The truth about fat—in your diet and on your body
- Complete McDougall menu plans and cooking methods
- Supermarket shopping guides
- How to deal with eating disorders
- Dining-out information, and more

“Its rewards include not just a slimmer figure but enhanced physical vitality, mental clarity, and self-esteem.”—*Bookpage*

From the Trade Paperback edition.

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Editorial Review

Review

“Lifesaving information.”—Dean Ornish, M.D., *New York Times* bestselling author of *The Spectrum*

“Dr. John McDougall turns the toxic stew of American diets into vegetable garden broth.”—*Sonoma Business News*

“Scientific understanding of good nutrition is but one step; putting it into practice is quite another. John and Mary McDougall have done both.”—**T. Colin Campbell, Ph.D., co-author of *The China Study*, professor Emeritus, Cornell University, and Karen Campbell**

“The McDougalls’ work is wonderful... a gateway to greater health and better living.”—**John and Deo Robbins, founders of EarthSave**

“Dr. John McDougall pushes lifestyle changes that keep your belly full and your tummy flat.”—*Niagara Gazette*

“More compelling reasons for health-conscious individuals to switch to a high-carbohydrate diet.”—*Richmond Mirror*

“You never have to be fat or hungry again.”—*Your Health*

“Its rewards include not just a slimmer figure but enhanced physical vitality, mental clarity, and self-esteem.”—*Bookpage*

About the Author

John McDougall, M.D., is the author of many previous books, including **The McDougall Program, The McDougall Program for Maximum Weight Loss**, and **The New McDougall Cookbook**. His latest title is **The Healthiest Diet on the Planet: Why the Foods You Love-Pizza, Pancakes, Potatoes, Pasta, and More-Are the Solution to Preventing Disease and Looking and Feeling Your Best**. He is the founder and director of the McDougall Program at St. Helena Hospital in Napa Valley, California, and has a nationally syndicated television show as well as a weekly radio program. He lives in Santa Rosa, California.

Users Review

From reader reviews:

Christopher Riley:

Have you spare time to get a day? What do you do when you have a lot more or little spare time? That's why, you can choose the suitable activity for spend your time. Any person spent their spare time to take a stroll, shopping, or went to typically the Mall. How about open as well as read a book allowed The McDougall Program for Maximum Weight Loss? Maybe it is to get best activity for you. You understand beside you can spend your time together with your favorite's book, you can better than before. Do you agree with it is opinion or you have additional opinion?

Lynn Kelley:

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