



A Week in the Zone

Barry Sears, Deborah Kotz

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A national bestseller for more than three years in hardcover, *The Zone* has introduced millions of people worldwide to a breakthrough approach to dieting based on Nobel Prize-winning scientific research. Treating food as the most powerful drug available, *The Zone* plan shows how food, when used unwisely, can be toxic. Used wisely however, it will take anyone into the Zone, a state of exceptional health familiar to champion athletes.

Now the benefits of Barry Sears' evolutionary program can be experienced in just one week! With *A Week in the Zone*, everyone can start on the path to permanent weight loss and learn how to burn body fat, and keep it off – without deprivation or hunger.

They'll also discover how the Zone helps to both increase energy and fight heart disease, diabetes, PMS, chronic fatigue, depression, and cancer.

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