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## THE NEW NO GIMMICK DIET: THE BUENA SALUD(R) GUIDE TO LOSING WEIGHT AND KEEPING IT OFF (PAPERBACK)

**THE NEW  
NO GIMMICK  
DIET**

The Buena Salud® Guide to  
Losing Weight and Keeping It Off

Jane L. Delgado, Ph.D., M.S.

On Demand Publishing, LLC-Create Space, 2017. Paperback Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. AS FEATURED IN REDBOOK One of the many reasons to love The NEW No Gimmick Diet is this sane advice from author Jane L. Delgado, Ph.D.: Stop thinking it s about willpower. Struggling to lose weight is not a moral failure, she says. It takes strategies like patience: being okay with a little bit of hunger, eating slowly, and knowing...

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- Authored by Jane L Delgado
- Released at 2017



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