



# **The Jerusalem Diet: The One Day Approach to Reach Your Ideal Weight--and Stay There**

*Ted Haggard*

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# The Jerusalem Diet: The One Day Approach to Reach Your Ideal Weight--and Stay There

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*The Jerusalem Diet* is a remarkably simple and flexible plan that will transform your perspective on food, diets, and health. You'll rediscover how to relax and enjoy life, moving steadily toward your ideal weight while still taking pleasure in the foods you love.

**SIMPLE:** No expensive foods, supplements, or exercise equipment required. All you need is a good digital scale, a calendar, some basic food items available at any grocery store, and a willingness to "lighten up"—physically, spiritually, and emotionally.

**GUILT-FREE:** This easy-to-follow plan frees you to stop counting calories, agonizing over menu choices, and pursuing extreme exercise programs. Instead, you'll learn how to lose weight while still eating the foods you love and enjoying life to the fullest.

**LIFE-CHANGING:** *The Jerusalem Diet* reenergizes not only your body but also your outlook on life. As you move toward your ideal weight—one day at a time, one pound at a time—you will feel better, look better, and live better.

Developed by a busy pastor who loves food and admits to a lack of self-control when it comes to eating, *The Jerusalem Diet* is designed to work for anyone who can manage to stay on a diet for just 24 hours. If you want to shed pounds and keep them off—without starvation, deprivation, or frustration—this is the plan you've been waiting for.

*From the Hardcover edition.*

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