



## **The Coffee Lover's Diet: Change your coffee, change your life**

*Dr. Bob Arnot*

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## **The Coffee Lover's Diet: Change your coffee, change your life Dr. Bob Arnot**

Dr. Bob Arnot, the bestselling author of *The Aztec Diet*, shows you how to use the power of America's favorite drink—coffee—to achieve improved health, longevity, mental clarity and weight loss in this unique, groundbreaking wellness guide.

For years, we've been told that coffee was bad for our health. But new research reveals that, consumed properly, coffee can be the healthiest, tastiest part of your day. It can sharpen your focus, jumpstart your workout, help you lose weight, and even help fend off disease, from diabetes and liver disease to heart disease and Parkinson's.

In this revolutionary handbook, Dr. Bob Arnot explains how coffee became a staple of the human diet, and reveals why having a cup is the best thing you can do each day. He also teaches you how to find the best beans from around the world and how to create the best brew and food pairings. *The Coffee Lover's Diet* includes a full diet plan with corresponding recipes to ensure you get the full benefits of this miracle bean—in the right amounts and in a variety of ways—as well as tips for putting all of this invaluable information and advice to work to help you shed pounds, gain energy, and make the healthiest choices every day.



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Precisely why? Because this The Coffee Lover's Diet: Change your coffee, change your life is an unordinary book that the inside of the guide waiting for you to snap that but latter it will surprise you with the secret this inside. Reading this book adjacent to it was fantastic author who also write the book in such wonderful way makes the content interior easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you for not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of gains than the other book have such as help improving your expertise and your critical thinking technique. So , still want to postpone having that book? If I were you I will go to the reserve store hurriedly.

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