



The No-Diet Lifestyle Cookbook: Complete and Unabridged

Victor R Pierson III

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While writing about his unique cooking method used in restaurants in his thirty-five years in the business, Mr. Pierson realized he was losing weight using the method at home. He lost ninety-five pounds in ten months and has kept it off, without going on a diet, but rather, changing his lifestyle. This Complete and Unabridged cookbook with 355+ recipes, mixes and prep mixes, will give you all the tools and information to duplicate his success and beyond. Never go on a diet again and experience the No-Diet Lifestyle.

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Raymond Jackson:

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