



The Cortisol Connection Diet: The Breakthrough Program to Control Stress and Lose Weight

Shawn Talbott

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More than 60 percent of American adults are overweight. On any given day, millions of people are using one of dozens of popular weight loss programs. They all promise miraculous results with little effort. They're all guaranteed to work for you. So, why do we need another diet book?

One word: cortisol. The recently discovered connection between cortisol and weight gain is not a consideration in other diets. Elevated cortisol levels increase appetite, enhance fat storage, and disrupt blood sugar control. Cortisol control, explained by Talbott in his previous book, *The Cortisol Connection*, is the missing link to effective weight loss.

The Cortisol Connection Diet is a safe, practical, proven approach that harnesses the 3 key aspects of metabolism that are at the heart of our epidemic of obesity. With this diet, you'll eat all of the foods that you love, but you'll learn how to use your food to control the effects of cortisol and glucose in your body, and ultimately how many calories you burn off or store on your body as fat.

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