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The Economists' Diet: The Surprising Formula for Losing ...

The Economists' Diet was written by two men who practice what they preach. Christopher Payne PhD and Rob Barnett are two formerly obese economists. They discovered and formulated some principles for weight-loss and diet and this resulted in their shedding the excess weight and keeping it off for several years.

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The Economists' Diet: The Surprising Formula for Losing Weight and Keeping It Off by Christopher Payne Ph.D., Rob Barnett |, Paperback | Barnes & Noble®. A bold and sensible new behavioral approach to dieting—driven by economic principles—that recommends micro-habits and meta-rules to help. Our Stores Are OpenBook AnnexMembershipEducatorsGift CardsStores & EventsHelp.

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The Economists' Diet: The Surprising Formula for Losing ...

The Economists' Diet : The Surprising Formula for Losing Weight and Keeping It Off. by Christopher Payne and Rob Barnett. Overview -. FEATURED ON CBS THIS MORNING AND CNBC'S SQUAWK BOX. Combining the authors' personal weight-loss stories with their passion for economics, this bold new behavioral approach to dieting recommends micro habits and meta-rules that will enable dieters to control their impulses to overeat, approach food in a healthier way, and lose weight once and for all.

The Economists' Diet : The Surprising Formula for Losing ...

The Economists' Diet: The Surprising Formula for Losing Weight and Keeping It Off (Kindle Edition) Published January 2nd 2018 by Touchstone Kindle Edition, 321 pages Author(s): Christopher Payne, Rob Barnett. ASIN: B074ZGR8FR
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Two formerly obese economists dole out advice on slimming Books & arts Jan 4th 2018 edition The Economists' Diet: The Surprising Formula for Losing Weight and Keeping It Off. By Christopher Payne...

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Along with Chris Payne, he is the coauthor of The Economists' Diet. Praise For The Economists' Diet: The Surprising Formula for Losing Weight and Keeping It Off ... "This advice makes a lot of sense and is habit-forming." - Charles Duhigg, bestselling author of The Power of Habit and Smarter Faster Better

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The Economists' Diet: The Surprising Formula for Losing Weight and Keeping It Off by Christopher Payne Ph.D.

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Payne and Barnett provide six behavioural best practices that you can use to achieve lasting results, without extreme dieting or giving up your favourite foods. The Economists' Diet is a unique and effective way to lose weight – and successfully keep it off.

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Losing weight using the principles of economics If you've longed for a different approach to weight loss, here's one from an unlikely source. Economists Chris Payne and Rob Barnett, who lost around 125 pounds combined, join "CBS This Morning: Saturday" to discuss their book, "The Economists' Diet: The Surprising Formula for Losing Weight and Keeping It Off."

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