



The CR Way

Paul McGlothin, Meredith Averill

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When it comes to living longer, scientists are discovering that less is more. By following Calorie Restriction, a revolutionary diet that provides the body with fewer calories than is traditionally required, people are getting dramatic benefits. Now, with *The CR Way*, you too can slow the aging process; protect against cardiovascular disease, cancer, and diabetes; and increase your energy and mental capabilities. And, if needed, you'll lose weight and keep it off.

Paul McGlothlin and Meredith Averill, leaders of the Calorie Restriction Society, provide quick and easy menus and recipes so delicious that you will wonder why you ever wanted to eat more than you need. And for those who want some of the benefits without sacrificing all the calories, the authors will show you how to plan a diet that works for you. Groundbreaking and controversial, *The CR Way* is your key to a happier, healthier life.

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