



The Smarter Science of Slim Workbook

Jonathan Bailor

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The Smarter Science of Slim series is now out of print to make way for HarperCollins' January 2014 publication of *The Calorie Myth*. But fear not! In the meantime, enjoy all sorts of free and premium content to help you eat smarter, exercise smarter, and live better:

1. The sold-out Seattle Smarter Science of Slim seminar plus all sorts of bonus ebooks, videos, recipes, and guides -

--Get it: SmarterScienceOfSlim.com/premium

2. The Smarter Science of Slim Podcast

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3. The SlimIsSimple.org non-profit video series and daily simple tips

--Get it: SlimIsSimple.org/simple-tips

4. The Smarter Science of Slim Blog

--Get it: SmarterScienceOfSlim.com/the-blog

Assuming you have read *The Smarter Science of Slim*, this workbook will enable you to quickly:

- Review the 10,000+ pages worth of research covered in *The Smarter Science of Slim*. (*Part 1 Recapping Research*)

- Overcome subconscious roadblocks which could derail your fat-loss efforts regardless of how much science you know. (*Part 2 Smarter Psychology*)

- Complete a simple and specific five-week program which will lower your set-point weight, boost your health, and set you up for a lifetime of being slim, toned, pain-free, energized, and healthy. (*Part 3 Reset Set-Point*)

The science of being slim is not complicated. Staying healthy and fit is the most basic ability anyone could ever have. The confusing part is cutting through the myths and getting to the facts. You've already done that by reading *The Smarter Science of Slim*. Now it's time to use that science to improve your body and mind more than you ever thought possible.

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“Proven and practical.”

—Dr. Theodoros Kelesidis

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—Dr. William Davis
Fellowship of the American College of Cardiology, author of Wheat Belly

“Bailor's work stands alone.”

—Maik Wiedenbach
World Cup and Olympic Athlete

“Bailor opens the black box of fat loss and makes it simple for you to explore the facts.”

—Joel Harper
Dr. Oz Show fitness expert

“A groundbreaking paradigm shift. It gets results and changes lives.”

—Jade Teta, ND, CSCS
author of The New ME Diet

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