

# **The South Beach Diet Wake-Up Call: 7 Real-Life Strategies For Living Your Healthiest Life Ever [Kindle Edition] By Arthur Agatston**

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In 2008, Agatston published The South Beach Diet Supercharged, written with Joseph Signorile, a professor of exercise physiology; ^ a b c "Sizing up South Beach.

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From Dr. Arthur Agatston, creator of the South Beach Diet comes an urgent message: We need to wake up to the reality of just how fat and sick we are as a nation.

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