

I Can Do This Diet by Dr. Don Colbert

Today we are giving away 40 copies of this great book! In this follow-up to *The Seven Pillars of Health*, best-selling author Dr. Don Colbert reveals the top reasons why diets fail and share guidelines for healthy weight loss, including tips for snacking and eating out.

Enter before 8am (EDT) on August 5th for a chance to win! This giveaway can be shipped to United States addresses. Bookmark and check back every weekday in August for a new giveaway!

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