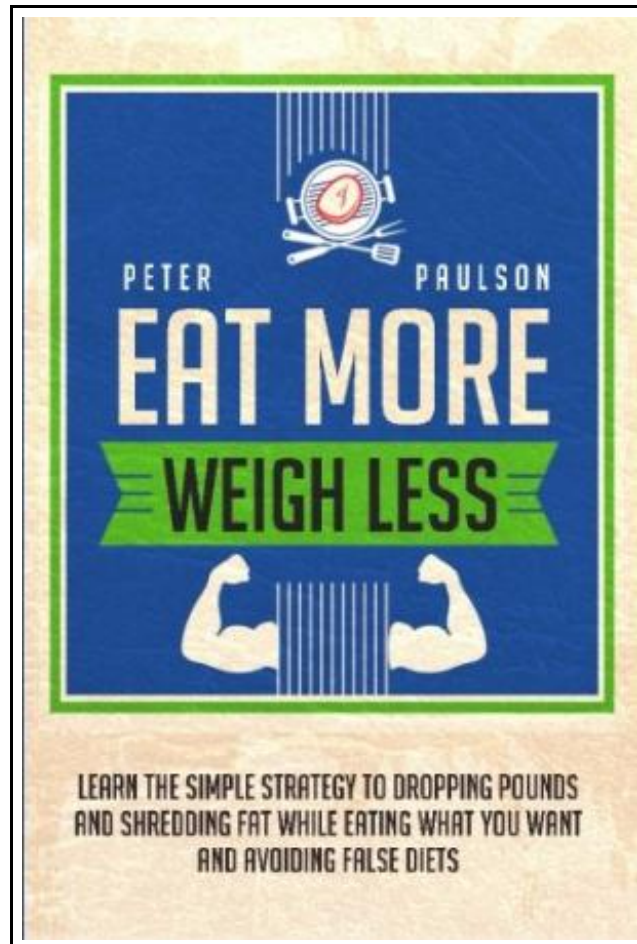


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Reviews

This publication is definitely not effortless to get going on looking at but really exciting to read through. It really is rally intriguing throug looking at time period. Its been written in an remarkably straightforward way which is just soon after i finished reading through this book where basically altered me, change the way i think.




(Erna Langosh)

EAT MORE, WEIGH LESS: LEARN THE SIMPLE STRATEGY TO DROPPING POUNDS AND SHREDDING (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Eat More, Weigh Less Dieting sucks. The hunger. The cravings. Feeling like those cookies in the cupboard are calling your name. We all hate it, but we all do it. Because we've been told that we need to do it if we want to lose fat and drop the pounds. Then comes the confusing question of, what diet should I follow? Almost every week a new fad diet appears that promises results faster than the last (which already promised incredibly fast results). And here's the kicker, most of these diets don't work. Actually, let me rephrase that. Most of these diets don't work over the long term. They're not sustainable to your everyday life. Because they don't take into account simple human psychology or behavior. Sure, eating carefully measured portions of grilled chicken, steamed broccoli, and unflavored brown rice will get you in shape (and it will get you there fast). But, it isn't sustainable, enjoyable or doable for 99 of people. And that is why most diets fail. They're far too restrictive for everyday life and they're almost impossible to sustain. Let's face it. You don't want to cut out our favorite foods, you don't want to drink smoothies instead of eating, you don't want to weigh your bland portions and you want lots of variety in your meals. And, so you should. So, let me introduce you to Eat More Weigh Less. A sustainable and easy to follow dietary approach that delivers results quickly (without you hating every meal). Instead of hopping on the latest dietary trends I've pulled...

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