



How to Lose Weight Easily - And Free Yourself from Diets Forever (Paperback)

By Michael Hadfield

Createspace, United States, 2012. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.If you d like to know how to lose weight easily, naturally, and in a way that works with your body rather than against it, then this is the book for you. It s about a healthy way to lose weight that is so much simpler than all of those complicated charts and calculations that you have to do when you engage in dieting. The author explores the ways in which diets not only make you fat but are also seriously bad for your health. This book exposes the myths that the Diet Industry perpetuates in order to keep people hooked on dieting. Simple solutions are offered so that attitudes towards food and eating can be easily changed. The focus is on an easy step by step approach, for which the author offers a simple 10-step action plan. This leaves the reader in control of their eating and losing weight in a way that is sustainable without the need to ban any specific foods. The author has over 14 years experience in helping people to lose weight.



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Reviews

This is the best book i have read until now. It can be filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Nadia Konopelski**

Certainly, this is the finest job by any publisher. I was able to comprehend almost everything out of this published ebook. You wont truly feel monotony at at any moment of the time (that's what catalogues are for concerning should you question me).

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