



The Gluttons Diet: Eat, Drink and Get Slim

By Dean Yurke

Createspace. Paperback. Condition: New. This item is printed on demand. 210 pages. Dimensions: 9.0in. x 6.0in. x 0.7in. Hello, my name is Dean and I love gorging on big meals, I love drinking wine and I love being lazy. . . but two years ago I was 50 pounds overweight because of this! Today I still love gorging on big meals, I still love drinking wine and I still dont exercise for weight loss, but Im now 50 pounds lighter and Im healthier and happier than ever! With The Gluttons Diet, Im going to share with you the amazing true story of what I discovered by accident after I lost weight, without trying, during a nine day business trip to China. On that trip I spent most of my time feasting on delicious twenty course Chinese banquets, drinking far too much wine and being completely lazy. After losing weight by literally being a glutton, I was so shocked by what happened that I spent a year researching why it happened and then amplified the effect by applying simple psychological principles to my everyday eating habits. Over the course of a year I lost over 50 pounds and my total body fat percentage...



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