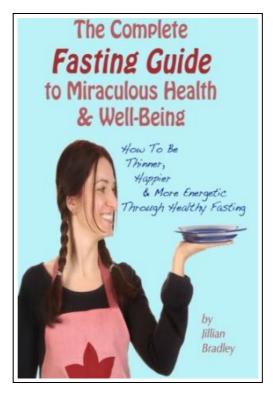
The Complete Fasting Guide to Miraculous Health and Well-Being: How to Be Thinner, Happier and More Energetic Through Healthy Fasting



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Reviews

Thorough manual! Its this kind of excellent study. It really is writter in straightforward terms and never difficult to understand. I am very happy to inform you that this is basically the very best pdf we have read through during my individual existence and could be he greatest ebook for possibly.

(Dr. Arno Sauer Sr.)

THE COMPLETE FASTING GUIDE TO MIRACULOUS HEALTH AND WELL-BEING: HOW TO BE THINNER, HAPPIER AND MORE ENERGETIC THROUGH HEALTHY FASTING



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Createspace, United States, 2012. Paperback. Book Condition: New. 228 x 152 mm. Language: English. Brand New Book ****** Print on Demand ******. Fad diets don t work. Do you want to play at weight loss, or take control and lose weight? I m not going to kid you. Weight loss for most people is hard. Duh! Take a look around at our obese society. They re everywhere. At every economic and social level. In every ethnic group and color. In every religion and at every age. We are one, big nation of fat-bodies. And lay-zee. Why are we so fat? Because it s too hard to push ourselves away from that fast-food table and too hard to get up and do something physical. So we go on that fad diet we heard about on TV. You know, the one that s got all of Hollywood talking. And guess what. It doesn t work either. Why? Because no one wants to put forth the effort it takes to actually lose weight. Read that again - because no one wants to put forth the effort it takes to actually lose weight. Did you get that? And it s really ironic, as well, because there are only two rules to weight loss: (1) eat less and (2) exercise more. Why do we have to make it so hard? Eat less and exercise more! How many of these fad diets have you tried? Low-carb diet Acai berry diet Negative calorie diet Apple cider vinegar diet Low-fat diet Grapefruit diet Macrobiotic diet All meat diet Cabbage soup diet How many have worked? The truth about virtually all of the fad diets is they don t help to lose weight and keep the weight off. I mean think about it: if a fad diet really worked,...

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