



The I Hate Dieting Diet: 50 Ways to Lose Weight and Slim Down without Giving Up the Foods You Love or Exercising

Howard VanEs

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Diets don't work!

If you ever tried one, you probably already know that you *lose weight* only to gain it all back. In fact, studies show that 95% of all diets fail. And with good reasons: they deprive you, ask you to give up whole categories of foods and nutrients, restrict your calories, and don't show you how to lose weight and keep it off.

In fact, most diet programs turn into yo-yo dieting, which make weight loss success even harder over the long run.

Eating shouldn't be complicated - you should be able eat the foods you love!

The I Hate Dieting Diet provides you with scientifically proven ways to *lose weight* without giving up the foods you enjoy or having to exercise. There is no shopping, no special food, no counting calories, points, meetings, or any other ridiculous behaviors that only end in frustration. We could have called it the "Dream Diet", but *no dieting* is needed!

As you start to incorporate the tools and ideas in the book you will see excess weight start to come off naturally and easily, and just as importantly you know how to keep it off. Here is a sample of some of the unique and effective methods you'll find in this book:

- * New tech ways to *lose weight*
- * How massage helps with *weight loss*
- * How to rev your metabolism and turn into a calorie burning furnace
- * How and when to eat more often to *lose weight*
- * The only supplements that have ever shown to really help with *weight loss*
- * And 45 more proven and easy ways to help you *lose weight*

Now you can enjoy foods you love without feeling hungry, deprived, or frustrated with a *weight loss plan* that is so easy to incorporate and maintain that you can finally *lose weight*, slim down, and put an end to the vicious cycle of yo-yo dieting. **Start the new year right, order you copy today!**

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Ronnie Miller:

What do you concentrate on book? It is just for students because they're still students or this for all people in the world, exactly what the best subject for that? Simply you can be answered for that issue above. Every person has several personality and hobby per other. Don't to be pushed someone or something that they don't wish do that. You must know how great as well as important the book The I Hate Dieting Diet: 50 Ways to Lose Weight and Slim Down without Giving Up the Foods You Love or Exercising. All type of book are you able to see on many methods. You can look for the internet solutions or other social media.

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Richard Plummer:

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Carlos Mendoza:

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