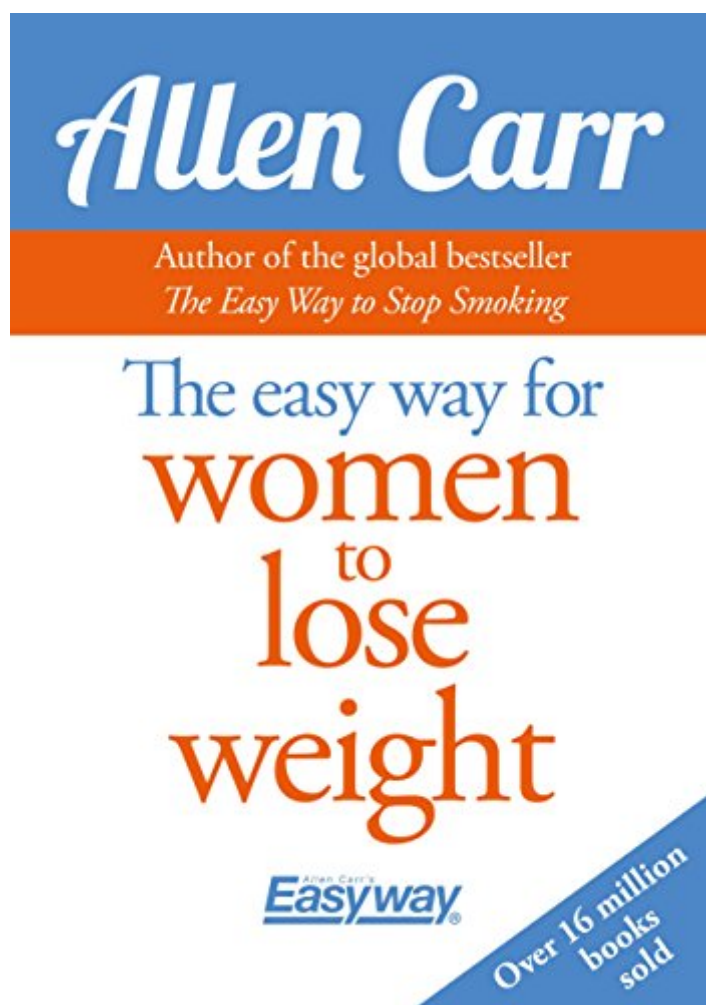


The book was found

The Easy Way For Women To Lose Weight



Synopsis

Eat as much of your favourite foods as you want, whenever you want, as often as you want, and be the exact weight you want to be without dieting, special exercise, using willpower or feeling deprived. Do you find that difficult to believe? Read this book.

Book Information

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Customer Reviews

Great book. Makes perfect sense.

I cannot believe that following the logic of this book, eating slower and stop eating when no longer hungry has made me start losing weight! As someone that is a somewhat healthy eater (paleo diet) I did not expect to see a benefit. I have been dropping 3 pounds a week for 4 weeks so far, with about 20 lbs to go. Nothing has worked for me before. I am not dieting, I am not hungry because I eat when I am hungry. Amazing!!

I think this book has very good recommendations and help you decide which things are better for

your body. I'm not a vegan and I will not become one. The hunger scale is a very useful tool you can use on a daily basis. You have the "junk margin" which are meat and dairy, they just tell you the majority should be vegetables in your plate. Then it describes sugar as it really is, an addictive substance that, if you eat, you are going to crave. What I liked the most is his theory of why we eat, now I identify when I stress, anxiety or bored eating and stop before. I think this book will help me to reduce my food intake, which is another recommendation, watch out for your intake and everything will fall in place. Last but not least I do exercise 5 times per week and I always thought it should help me to lose weight, but in the book exercise is just a recreational activity.

I enjoyed this book because it outlines simple steps to take in order to permanently change your eating habits for good. Thinking differently and keeping an open mind are crucial for making any sort of permanent change. I'm putting these changes to work and I'll update my progress.

Not what I was expected. Not everybody can't go almost vegan and feel great. It almost sounds like it is your fault the fact that you are not losing weight. What about people with health problems?

It was a gift for my adult daughter (Hey, she asked that I get it when I was telling her how well the Carr's smoking book worked for her brother.... I wouldn't ever just give her a lose-weight book on my own!). It has been just a couple of weeks, and I haven't asked her if she has read the book, and I might not, but I think it is a wonderful book.

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