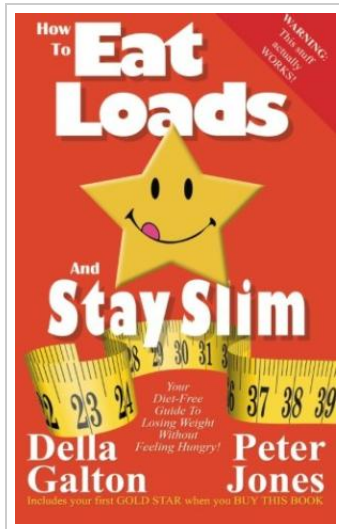




How to Eat Loads and Stay Slim: Your Diet-Free Guide to Losing Weight Without Feeling Hungry! (Paperback)

By Peter Jones, Della Galton

Createspace, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.How To Eat Loads And Stay Slim - Your diet-free guide to losing weight without feeling hungry! How To Eat Loads and Stay Slim isn't a diet book. Whilst other weight-loss books concentrate on huge lifestyle and dietary changes, How To Eat Loads And Stay Slim shows you how you can achieve the same results - permanently - simply by adopting a few new ideas, and by making a series of small painless tweaks to your eating habits. What's more each thought provoking, scientifically-provable, idea has a STAR RATING. There are fifty four stars available. You get one just for buying the book! Collect enough and you'll steadily increase your chances of being able to eat loads AND stay slim. Collect enough stars (thirty or more would be a good target to have) and we personally guarantee that a slim figure, coupled with a healthy but satiated appetite, are yours for the taking. No dieting required. Find out: how hunger really works how to make zero fat chips why focusing on your food as you eat is really important how to cut..



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Reviews

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