



# Fat Loss Guide

**Jamie Matthews**

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located on the right side of the light blue bar.

## **Fat Loss Guide:**

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shown that people who are flexible dieters as opposed to rigid dieters tend to weigh less show better adherence to their diet in the long run and have less binge eating episodes What if I told you that deliberately fitting in free or cheat or reward meals into your diet every week would make it work better in the long run that deliberately overeating for 5 24 hours can sometimes be a necessary part of a diet especially for active individuals that taking 1 2 weeks off of your diet to eat normally may actually make it easier to stick with in the long run in addition to making it work better I can actually predict that your response is one of the following Some may think I m making the same set of empty promises that every other book out there makes But I have the data and real world experience to back up my claims Or maybe the idea of making your diet less strict and miserable is something you actively resist I ve run into this with many dieters they seem to equate suffering and misery with success and would rather doom themselves to failure by following the same pattern that they ve always followed rather than consider an alternate approach Finally maybe what little I wrote above makes intuitive sense to you and you want to find out more Regardless of your reaction to what I ve written I already have your money so you might as well read on I should probably warn you that this isn t a typical diet book You won t find a lot of rah rah or motivational types of writing there are no food lists and no recipes There are thousands of other books out there which fit that bill if that s what you want but this isn t it Diet And Weight Loss Guide Volume 1 Speedy Publishing,2014-07-23

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