



**Weight Loss: Stop Dieting, Lose Weight!: This Book Will Save You A Fortune! 15 Simple Weight Loss Tips The Experts Don't Want You To Know. (Weight Loss, ... Weight Loss Diet Plan, Best Weight Loss)**

*Brad Carnie*

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## **Seriously, Stop Dieting!**

## **This Book Will Show You How To Lose Weight, Without Dieting, Permanently!**

You want to lose those extra calories, but you don't want to starve yourself, or eat something that someone else told you is good for you, or give up your favorite foods? I know where you're coming from. What would you say if I told you that you don't have to give up any of that, and you can still loose weight. Crazy, right? Crazy, but true.

The weight loss industry is worth Billions. They have to keep feeding the machine with new diets and new ways of losing weight, it's all about making money and I'm sure you know this. And the trouble is we fall for it time and again.

But here's the thing. You don't need to diet, you don't need to cut out all the things you love. Yes you will need to cut back, but you don't have to go and drastically change anything about what or how you eat. After all whats the point of going through all that trouble to loose weight when the diet you are on is not sustainable? What happens after? You put it all back on again...

The media will have you believe that you can lose weight only if you refrain from all those foods that bring you joy, if you sweat it out at the gym 24/7 and always have your calorie count ready. Wrong! Losing weight is a very simple process, it's just that not everyone is ready to do what it takes.

This book is full of tips that will help you lose weight fast, without any drastic changes to your diet. It is chock full of valuable information you can't afford to miss. Following these simple techniques will help you obtain a gorgeously slim body, leading you not only to look but feel healthier as well.

In this book, you'll learn about the traditional ways of toning yourself, such as drinking fluids, remaining true to greenery, lowering your sugar intake (hello!) and of course, good old exercise. But, you'll also learn about some lesser known strategies which aren't difficult at all to incorporate into your new and improved healthy life regime.

So, what are you waiting for? Start working on the best body you've ever had!

## **Here's a sneak peak at what you will learn in my book, 'Stop Dieting, Loose Weight'..**

1. How to loose weight without the diet
2. How water is the fuel for weight loss
3. How you can keep eating what you love, and loose weight
4. How certain changes to your eating routine can have a massive impact to you weight
5. How to exercise with out going to the gym, classes, or runs..
6. How to make your weight loss permanent.
7. And Much, Much more!

## **'Stop Dieting, Loose Weight', Is The Only Weight Loss Book You Will Ever Need.**

**Make Your Weight Loss Permanent. Download Today!**

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**Jacqueline Campbell:**

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**Donald Corbett:**

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**John Smith:**

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**Ruth Vazquez:**

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