



The Get Real Diet: Say Goodbye to Processed Food, Learn to Love Whole Food and Never Worry About Your Weight Again

Lindsay H Hill

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From The Get Real Diet: “Fad diets do not work for the same reason people do not find lasting love on The Bachelor franchise. Losing ten pounds in three days on a juice cleanse is like falling in love in three days on a private island – yeah, it can happen, but it sure won’t last when real life gets in the way!” The Get Real Diet offers a step-by-step plan to embrace a plant-rich, real food diet that will help you look and feel better in a matter of weeks. The author's balanced approach (yes, you can have wine) and sense of humor make The Get Real Diet the perfect introduction to the clean eating lifestyle and all the benefits that come with it – including permanent weight loss, better digestion, better skin, less mood swings and more energy.

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John McGinnis:

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Paul Horn:

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Food and Never Worry About Your Weight Again. This book that is qualified as The Hungry Slopes can get you closer in becoming precious person. By looking upward and review this guide you can get many advantages.

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