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## Dump the Diets, Ditch the Scales, Drop the Inches (Paperback)

By MR Paul Lonsdale, Mrs Ann Hirst

Createspace, United States, 2014. Paperback. Book Condition: New. 234 x 156 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.(You can be forgiven for looking at the book cover and thinking: mmm. 50 shades of fat loss! ) So.you want to lose some weight? (You're perusing the diet book section - it's hardly a Sherlock Holmes deduction.) But which diet do you go for: low carbs; low fat; meal replacements; protein only; points; blood group; soup; fasting; double choc muffins? (Okay, we made the last one up.) Chances are you've already tried a few but they've not worked (otherwise you wouldn't be looking for another diet). But why turn your life upside down by trying to follow someone else's complicated diet plan and end up either starving hungry or eating things you don't like, when the rules of weight loss are so incredibly simple to understand. Why not just design your own eating plan that fits perfectly into your life? After all, you know yourself better than anyone else. So just how do you do this? (Easy - buy this book!!) Lifelong personal trainers and nutritionists, Paul Lonsdale and Ann...



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