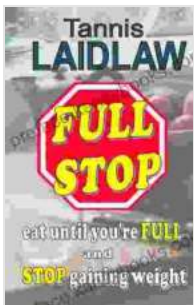


# Full Stop Eat Until You're Full and Stop Gaining Weight

Are you tired of dieting and not seeing results? Do you feel like you're always hungry and can't control your eating? If so, then you need to read *Full Stop Eat Until You're Full and Stop Gaining Weight*.



## FULL STOP - eat until you're FULL and STOP gaining weight: a realistic guide to a low-carbohydrate diet

by Tannis Laidlaw

★★★★★ 5 out of 5

Language : English  
File size : 322 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 112 pages  
Lending : Enabled



This revolutionary book will teach you how to eat without guilt or shame, and without gaining weight. *Full Stop* is based on the latest scientific research on hunger, satiety, and weight gain. It will help you understand why you overeat, and how to stop.

*Full Stop* is not a fad diet. It's a lifestyle change that will help you lose weight and keep it off for good. With *Full Stop*, you'll learn how to:

- Identify your true hunger cues

- Eat until you're full, without overeating
- Cope with emotional eating
- Make healthy choices without feeling deprived
- And much more!

If you're ready to lose weight and keep it off for good, then *Full Stop Eat Until You're Full and Stop Gaining Weight* is the book for you.

Free Download your copy today!



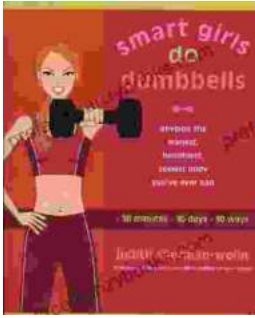
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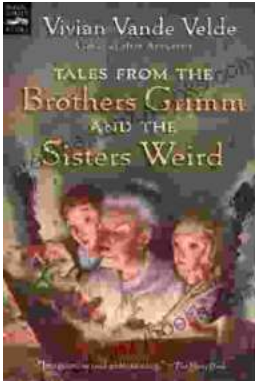
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