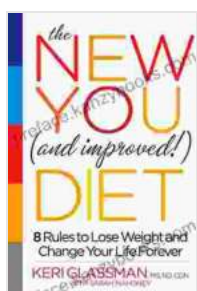


The Ultimate Guide to Losing Weight and Changing Your Life Forever

Are you tired of yo-yo dieting and never reaching your weight loss goals?

If so, you're not alone. Millions of people struggle with weight loss, and most of them never reach their goals. But it doesn't have to be that way. With the right plan and the right mindset, you can lose weight and keep it off for good.



The New You and Improved Diet: 8 Rules to Lose Weight and Change Your Life Forever by Keri Glassman

★★★★☆ 4 out of 5

Language : English
File size : 1812 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 375 pages



This book will teach you everything you need to know about losing weight and changing your life for the better. You'll learn about:

- The science of weight loss
- The best diet and exercise plans for weight loss
- How to overcome emotional eating and other obstacles to weight loss

- How to maintain your weight loss once you've reached your goals

This book is not a fad diet or a quick fix. It's a comprehensive guide to losing weight and changing your life forever. If you're ready to make a change, this book is for you.

Here's what people are saying about this book:



“This book is a must-read for anyone who wants to lose weight and improve their health.” - Dr. Oz



“This book has changed my life. I've lost over 50 pounds and kept it off for over a year.” - Jenny Craig



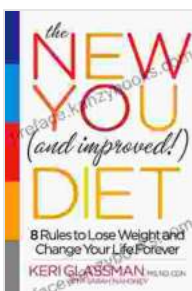
“This book is the real deal. It's the only weight loss book I've ever read that actually worked.” - Oprah Winfrey

Free Download your copy of this life-changing book today!

Buy now

30 Ways to Lose Weight Permanently

1. Exercise 30-60 min. day
2. Eat small meals often and don't skip meals
3. Eat fruits and vegetables with every meal
4. Weigh yourself daily
5. Keep a food journal with you always
6. Remove all unhealthy snacks from the home
7. Store only healthy foods and snacks at home
8. Schedule physical activities with friends often
9. Eat at home often
10. Don't use serving bowls
11. Fill up on healthy foods before dessert
12. Make active choices for everyday tasks
13. Don't eat while watching TV
14. Vary activities
15. Never eat from containers
16. De-stress before eating
17. Start with high-fiber breakfast
18. Buy and use a pedometer
19. Walk 30 minutes every day
20. Plan a week's groceries
21. Have a craving plan
22. Reward yourself with nonfoods
23. Use a weight-loss online buddy
24. Wear blue. It suppresses appetite
25. Throw out large plates
26. Throw out large clothes
27. Use a mirror to measure success
28. Read labels and avoid trans fats or high cholesterol
29. Season smartly and avoid butter or gravies
30. Increase calcium (appetite suppressant)



The New You and Improved Diet: 8 Rules to Lose Weight and Change Your Life Forever by Keri Glassman

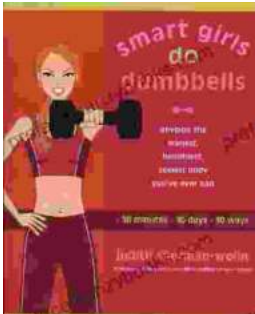
★★★★☆ 4 out of 5

Language : English
File size : 1812 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled

Print length : 375 pages

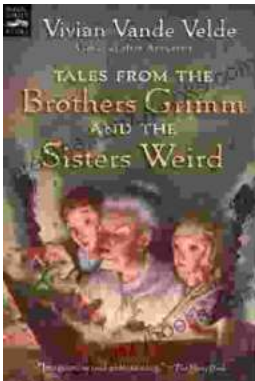
FREE

DOWNLOAD E-BOOK



Unleash Your Inner Adonis: The Ultimate Guide to Sculpting the Leanest, Healthiest, Sexiest Body in Just 30 Minutes

Are you ready to embark on a fitness journey that will revolutionize your physique and ignite your inner Adonis? Look no further than this...



Journey into Enchanting Tales: Tales From The Brothers Grimm And The Sisters Weird Magic Carpet Books

Discover a Literary Legacy Step into a realm where imagination knows no bounds, where fairy tales dance off the pages, and magic weaves its spell....