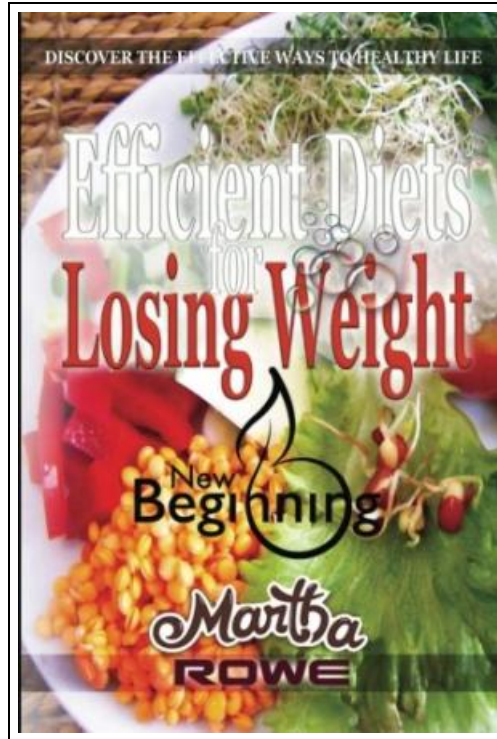


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Before you start losing weight, you need to start loving yourself and realizing that from now, your life will change. You are slim now, and you will behave accordingly. You should change your psychology, not for a week or a month but Forever! Today only, get this Paperback book for just \$14.99. Regularly priced at \$21.99. Overweight people have many complexes, unfulfilled desires, inability to self-motivation, and one day they start going with the flow, without burdening themselves with the beauty. Double feelings towards their personalities dispose a person even more against himself due to the despair and lack of self-realization. And a person still lives in this flow of negative thoughts, chews fast-food day by day, and so on. The secret is that a person starts realizing that not the surroundings but the person himself is to blame for his current condition. Taking off the rose-colored glasses affects people significantly, they are forced to look at something they've created with their hands, and start training to eat according to a particular system and look at them from inside. In this book, I use mainly carbohydrate-free diet and focus on the consumption of protein and fiber. Regarding information, the book offers no formula calories or metabolism calculation methods, doesn't provide a detailed examination of different adverse effects at rapid weight loss. Based on many years of practice in various approaches in the field of dietary science, I am sure that proper nutrition is the key to health and beauty. I have plenty of stout friends, and guess what their standard feature is? They have the same psychology. They don't seek solutions to their problem but only prove...



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