

[GOOD TIPS ON HOW TO LOSE WEIGHT](#)



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10. Lose It Today, Keep It Off Tomorrow. Finally, be patient. While cultivating that virtue isn't exactly painless, it may help to know that keeping weight off generally gets easier over time.

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The problem: This only makes it more difficult, stressful, and downright impossible to lose weight. So rather than beating yourself up for eating foods you think you shouldn't, let it go.

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Here are 10 more tips to lose weight even faster: Eat a high-protein breakfast. Eating a high-protein breakfast has been shown to reduce cravings and calorie intake throughout the day (16 , 17).

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