

[AN EASY WAY TO LOSE WEIGHT](#)



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This post is meant to be a recap on the types of lifestyle changes we've made and an overview of what we did to lose this weight. We hope it can help as many people as possible.

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5 Steps to Lose Weight Without Exercise or Counting Calories

Quick tip - Make eating meals boring: Eating the same meals over & over will cause you not to look forward to eating which will also eventually make you eat less & lose more weight. This guy lost 50 pounds on the 'Boredom Diet'

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Easy and Effective Ways to Lose Weight

3. DESTRESS YOURSELF: Destressing oneself is probably like taking a leap forward in losing weight. It should be noted that when we are depressed or stressed out, our body metabolism goes for a toss. Less hours of sleep harms the body metabolism in a big way and makes it sluggish.

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The Lose Weight Diet FREE weight loss diet plan

The idea behind this completely free weight loss diet plan is quite simple it's the ANTI-fad diet. It is the complete opposite of every borderline idiotic and completely unnecessary diet program in existence. It is based strictly on common sense and the simplest and healthiest way the human body was meant to lose weight.

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5 Safe and Effective Ways to Lose Weight Fast wikiHow

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How to Lose Weight Fast 49 Secrets to Put Into Practice

How to Lose Weight Fast: WORKOUT SECRETS. 1. Schedule workouts. Pencil workouts into your daily planner the same way you do dinner with friends or that important business meeting.

<http://ebookslibrary.club/download/How-to-Lose-Weight-Fast--49-Secrets-to-Put-Into-Practice--.pdf>

Your weight loss diet plan Phase 2 of The Lose Weight Diet

(If you somehow got here without reading Phase 1 first, you're going to be a little lost. It's ok, just go back and read it here: Phase 1: How To Lose Weight) In Phase 1 of The Lose Weight Diet, you learned how to lose weight.

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