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The 7 Eating Habits Naturally Thin People Have: (But the Diet Industry Never Talks About)

By Ingrid Lindberg

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The 7 Eating Habits Naturally Thin People Have (but the diet industry never talks about) Discover how to relax around food and free yourself from a lifetime of dieting There s an insidious idea out there that is secretly keeping a lot of people overweight. It s a simple thought, and one that goes unchallenged most of the time. What is it? Well, if you ve ever heard someone say, but it s easy for her to stay thin, it s all in her genes! then you ve encountered this problem face to face. The dieting industry makes it seem like losing weight is some sort of rocket science, a top secret combination of special foods eaten in special ways and all kinds of expensive superfoods, fitness fads and embarrassing celebrity endorsements. And so I guess it s understandable that when someone seems to stay slender, it must obviously be because they re just naturally that way. By accident, even. We assume some special innate characteristics mean they get to run circles around the laws of physics, eat...



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