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Eat More, Weigh Less: Learn the Simple Strategy to Dropping Pounds and Shredding

By Peter Paulson

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*****.Eat More, Weigh Less Dieting sucks. The hunger. The cravings. Feeling like those cookies in the cupboard are calling your name. We all hate it, but we all do it. Because we've been told that we need to do it if we want to lose fat and drop the pounds. Then comes the confusing question of, what diet should I follow? Almost every week a new fad diet appears that promises results faster than the last (which already promised incredibly fast results). And here's the kicker, most of these diets don't work. Actually, let me rephrase that. Most of these diets don't work over the long term. They're not sustainable to your everyday life. Because they don't take into account simple human psychology or behavior. Sure, eating carefully measured portions of grilled chicken, steamed broccoli, and unflavored brown rice will get you in shape (and it will get you there fast). But, it isn't sustainable, enjoyable or doable for 99 of people. And that is why most diets...



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