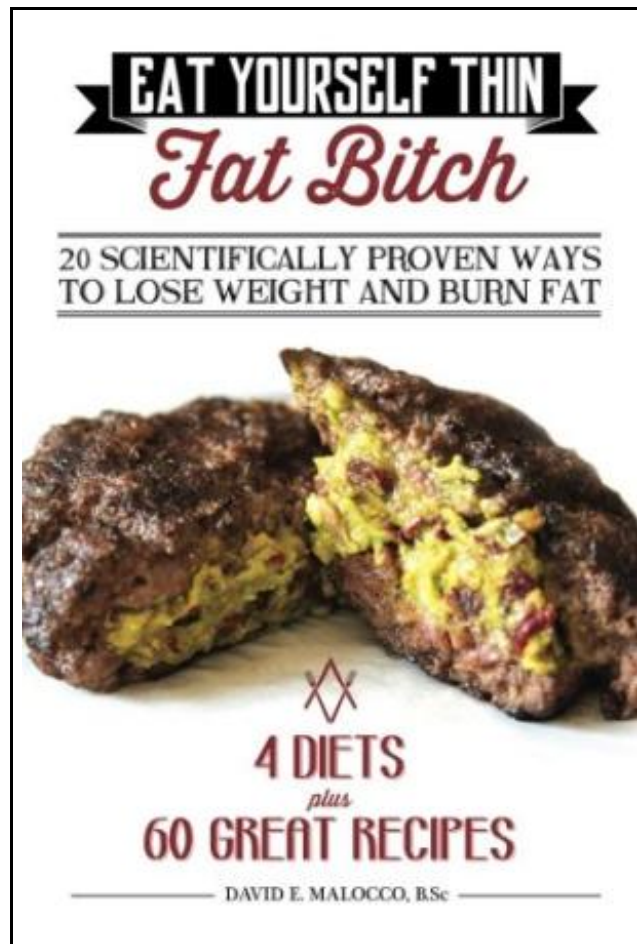


Eat Yourself Thin Fat Bitch: 20 Scientifically Proven Ways to Lose Weight and Burn Fat



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EAT YOURSELF THIN FAT BITCH: 20 SCIENTIFICALLY PROVEN WAYS TO LOSE WEIGHT AND BURN FAT

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Lets face it, EAT YOURSELF THIN FAT BITCH, is not your typical kind of diet book. It is a guaranteed way to, not only lose weight and burn fat, but also sustain that weight loss and not regain it in the future. The book is divided into two parts. The first part provides twenty scientifically proven ways in which you can lose weight. The author, psychotherapist David Malocco, states that each of these ways or rules have been proven by different scientific research to lose weight. They include what to eat, what to drink, what not to eat, what not to drink and what to do. They bring clarity to an area which has been prejudiced by ever mounting confusion about what you should and should not do and what foods are actually good for you. The author explains that no one diet can suit everyone because everyone is different. But he insists that if you follow these twenty rules then you will lose permanent weight and you will burn that stubborn fat. Actually, he pretty much guarantees success. For those of us who prefer to undertake a diet to lose a specific amount of weight within a designated time frame David Malocco outlines the worlds best four diets. These four diets are the Paleo Diet, the Mediterranean Diet, the Low Carb Diet and the Gluten Free Diet. According to him, these four diets, more than any other diet have been proven by science to work. But, he cautions, the diets are not for everyone but will definitely work for most people. In respect of each diet he tells us what food we should eat...



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