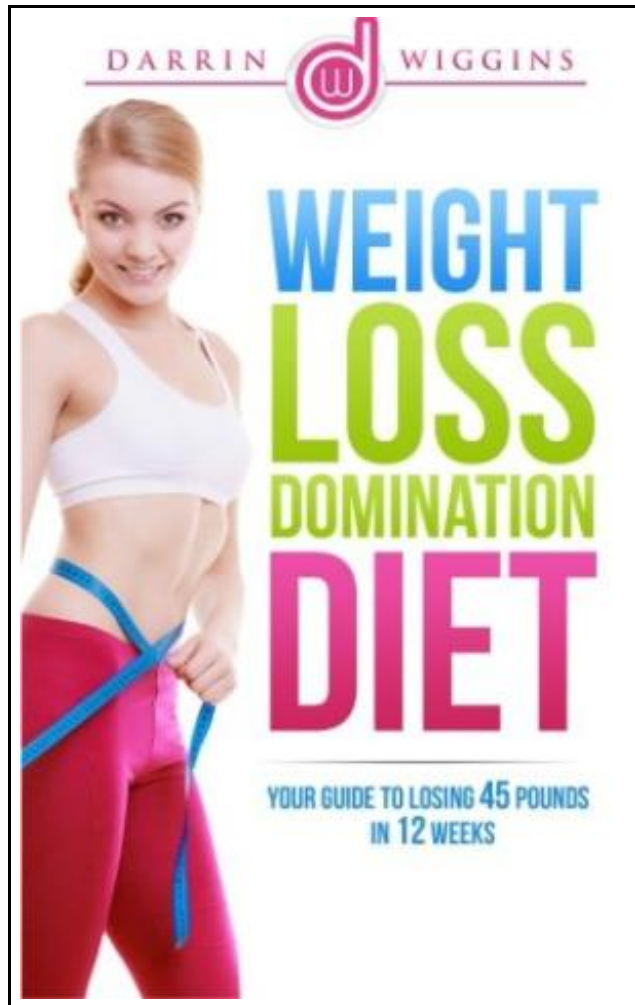


## Weight Loss Domination Diet: Your Guide to Losing 45 Pounds in 12 Weeks (Paperback)



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Createspace, United States, 2013. Paperback. Book Condition: New. 202 x 126 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Give Me 12 Weeks And You ll Get Extreme Weight Loss ResultsWeight loss coach Darrin Wiggins spent months tearing apart every diet he could to find what really worked. Then he fine-tuned it and used it to lose 45 pounds in 12 weeks.But he knows you don t care about his results. You care about your results.Wanting to ensure his clients could follow this simple plan he set out to test it on real people like you. People with full time careers, kids and the same day to day commitments you deal with. There isn t a ranch, people living in the author s house or a personal chef at their disposal while they lost weight.On average each person lost 3.5 pounds a week. Real people were getting real results.Every aspect of this lifestyle is easily customized to help you find exactly what you need for sustained weight loss.10 Principles and 7 Daily Habits To Engage Your Weight Loss AutopilotMost people think that in order to lose weight they need to start exercising and burning calories so they run off to the gym not realizing they have sabotaging themselves.Exercise is great but when it comes to weight loss it all starts with food. You are either eating food on purpose, for a purpose or not. We discuss this in Principle #3.Here is a sample: I will let you in on a secret I have learned over the years of being in shape and out of shape. When we eat on purpose consistently we naturally time the consumption of our calories to be used as fuel and not stored as fat. Eating food for fuel will lead to quicker...



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