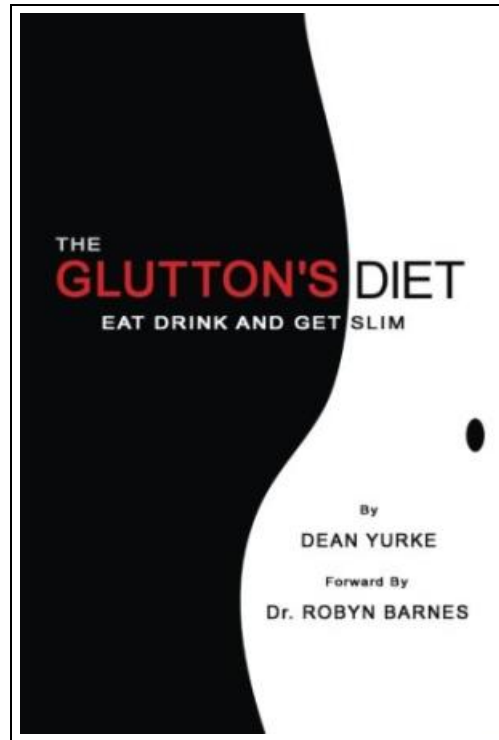


The Glutton s Diet: Eat, Drink and Get Slim



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Reviews

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(Dr. Porter Mitchell)

THE GLUTTON S DIET: EAT, DRINK AND GET SLIM



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Createspace, United States, 2013. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Hello, my name is Dean and I love gorging on big meals, I love drinking wine and I love being lazy. but two years ago I was 50 pounds overweight because of this! Today I still love gorging on big meals, I still love drinking wine and I still don t exercise for weight loss, but I m now 50 pounds lighter and I m healthier and happier than ever! With The Glutton s Diet, I m going to share with you the amazing true story of what I discovered by accident after I lost weight, without trying, during a nine day business trip to China. On that trip I spent most of my time feasting on delicious twenty course Chinese banquets, drinking far too much wine and being completely lazy. After losing weight by literally being a glutton, I was so shocked by what happened that I spent a year researching why it happened and then amplified the effect by applying simple psychological principles to my everyday eating habits. Over the course of a year I lost over 50 pounds and my total body fat percentage dropped from an obese 29 down to a slim 17 . My snoring stopped, my heartburn stopped and my blood pressure and cholesterol levels are now ideal - and all this without exercise. And the irony is that what I thought was a fad diet, turned out to be healthy, natural, ancient and for once in my life, a truly satisfying way to eat! Because so many of my friends and colleagues were blown away by the rapid change in my appearance, they demanded that I document my findings and this...



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