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10 FAT Rules: Losing Weight To Look Better, Feel Better, Live Longer



Synopsis

Most of us have tried all the popular diet and exercise programs, taking a lot of our time, money and dedication. Sadly, as a country, we just keep getting fatter and fatter. This is a story of our struggle in realizing that food was slowly KILLING us. It's also a story of our success in changing our lifestyle to lose weight, look better, feel better and live longer. We're not a diet 'professionals', but this book isn't for us... it represents humble guidance and encouragement to YOU. These are ten (simple, but not always easy) rules (like ten commandments) necessary for a healthy lifestyle. They are NOT extreme - more 'common sense' that we lacked... then found. Our message may be a hard one to hear, and may offend some, but we intend only compassionate honesty. We promise every reader who follows these ten rules will lose weight, look better, feel better and live longer.

Book Information

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Customer Reviews

Simple, easy to read, easy to follow. A great guide to a healthy life!

Rules are very practical and book is easy to read in one or two sittings. Lays out rules with their own examples which makes it easy to understand pitfalls and apply rules to your daily life. My wife and I

have already been adhering to many of the principles for the past six months for weight loss and healthier lifestyle and this reinforces what we have been doing.

A practical approach to a common problem in a readable format. The author details a personal journey of weight loss and maintaining success

Concise, straightforward rules for losing weight and even more importantly if these rules are followed the weight will stay off! Tape them to your refrigerator.

The 10 Fat Rules are not an epiphany, but a succinct recap of what matters in managing a healthy body. The writing style is clear and extremely readable. A worthy read and probably merits reading again. John

Great reading. The truth. Live it and you may extend your life. Change in eating habits will cause you to live longer if you are overweight. Ready for the next one 10 Good Habit to 10 Fat Rules.

No one likes dieting and this book doesn't say you have too to lose weight. Watching portions is the most important thing and exercising.

Love how short and easy to understand this book is. No excuses...time to lose the weight.

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grain free, gluten free) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Primal Fat Burner: Live Longer, Slow Aging, Super-Power Your Brain, and Save Your Life with a High-Fat, Low-Carb Paleo Diet Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) How to Live Longer and Feel Better Your Health Destiny: How to Unlock Your Natural Ability to Overcome Illness, Feel Better, and Live Longer Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) Intermittent Fasting Hacks: How To Eat Whatever The F*ck You Want To Burn Fat, Get Lean and Look Phenomenal! (Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding) The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) Ketogenic Diet Fat Bombs: A Year of Keto Fat Bombs: 52 Sweet & Savory Low Carb Snack Recipes (Ketogenic Diet Fat Bomb Recipes for Rapid Weight Loss with Low Carb Desserts)

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