



The "Permanent Weight Loss" Diet (How To Lose Weight Fast , Keep it Off & Renew The Mind, Body & Spirit Through Fasting, Smart Eating & Practical Spirituality Book 1)

Robert Dave Johnston

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This is Volume 1 of 5 of the series "How To Lose Weight Fast, Keep it Off & Renew The Mind, Body & Spirit Through Fasting, Smart Eating & Practical Spirituality."

This book provides detailed instructions on how to launch a simple yet very effective and powerful eating structure that can solve your weight loss issues. The reason why most people start a diet and fail is because they are either unwilling or unprepared to walk through the inevitable hunger and discomfort.

However, through proper preparation, and armed with a solid eating structure, nothing can stop you from reaching your weight loss goals. The "Permanent Weight Loss" Diet is designed to be the last diet that you will ever have to do... and - if adopted as a lifestyle - you will NOT gain back any of the weight that you lose.

The author provides detailed instructions on implementing the diet, detox and other symptoms to watch out for, as well as many tips and tricks to help you overcome temptation. The "Permanent Weight Loss" Diet is a dynamic book written from the author's experience with obesity and compulsive overeating. If you are tired of jumping from one diet to another and not reaching your goals, then the "Permanent Weight Loss" Diet is sure to motivate, inspire you and lead you to the attainment of your weight loss and health-improvement goals.

Whether you are experienced or brand new to dieting and weight loss, this book will provide you lots of tools, motivation and inspiration to press on.

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