

# How To Lose Weight Without Starving Yourself

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In this book you will learn in an easy step by step process how to loose weight and not feel hungry. Inside these pages is a wealth of information about losing weight and still feeling like you are cheating on your diet. This book takes the advise of nutritionist, diet experts and even the Mayo Clinic to offer you the best advise around on how to loose weight and not feel hungry in the process. You do not have to spend hours counting calories any more. Just follow the advise on this book and it will happen. You will get excellent advise on what foods you should eat, portion sizes, number of meals, exercise regimens and delicious recipes for weight loss. You will also learn about metabolism and why it controls your weight loss, what foods to eat and which foods you cannot eat. How to shop for the right foods and put yourself in the right mindset to start on this journey. And A Lot More!

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