



Simply Thin: A Simple Diet And Exercise Plan To Easily Lose 20 Pounds A Month

J G Gerard

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Like millions of others, I've had a weight problem for most of my adult life. And like you, as soon as my diet ended, I would binge on my favorite foods and balloon right back up to (and usually right on past) the weight where I started out. I needed a simple diet program that would enable me to eat the foods that I love while on the diet so that I wouldn't be tempted to binge when the diet was over. And because I was not able to find a diet that worked for me, I developed Simply Thin, an easy to follow diet plan that is very easy to stick to. After much trial and error, I discovered this very simple system to lose weight. It allows you to eat the foods that you love, lose weight quickly, and remove the temptation to binge and put the weight right back on. The basic concept of the program is extremely simple. So simple, in fact, you'll wonder why you didn't think of it yourself. You'll learn a number of techniques to control your appetite and make you less hungry. By combining these techniques, you can eat pretty much whatever you want and still lose weight. In addition, you'll be getting some exercise each day. But don't worry, you won't have to do endless sit ups, push ups, leg lifts, weight lifting, or pull ups. You'll be doing simple exercises, not those exhausting impossible exercises. It is something that you already do everyday; walking. Obesity in America is at an all-time high. One of out of every three Americans is obese. And this epidemic is growing out of control in other countries as well. Being overweight is a serious issue. It can make you more susceptible to heart problems, diabetes, stroke, and various other diseases and health problems. It can also negatively affect your body image as well as causing problems with your self-esteem. So, get ready for a surprise: losing weight without starving yourself is a goal you can achieve with Simply Thin!

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