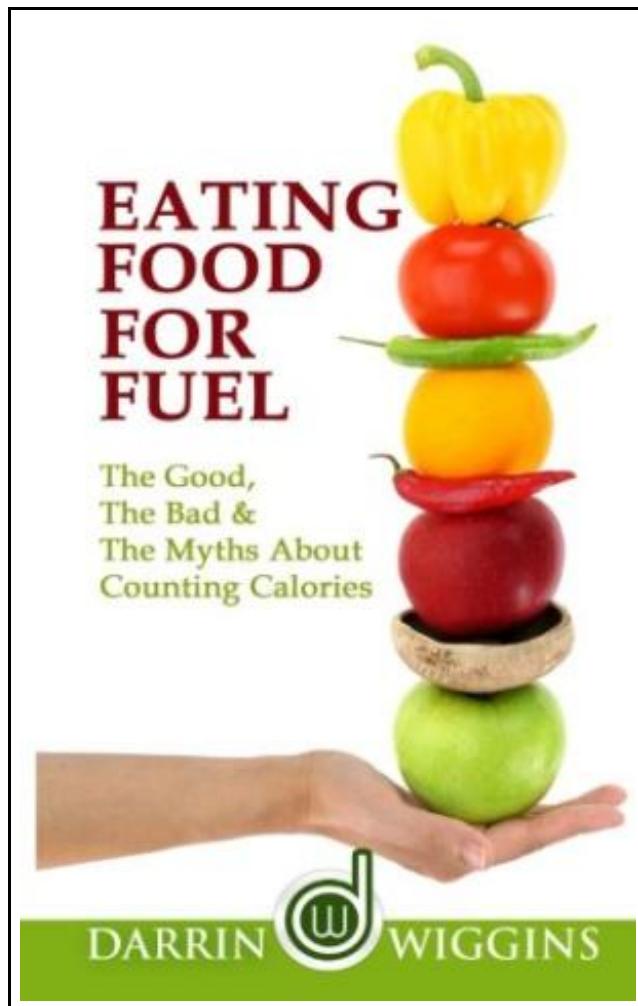


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Reviews

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(Derick Brekke)*

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Createspace, United States, 2015. Paperback. Book Condition: New. 198 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.DISCOVER: How COUNTING CALORIES Is The Secret To Losing WeightAre you confused as to why other people experience massive weight loss and you don t? Have you ever wondered how people with 6 packs got them? Do you think they are just winging it?Their secret is simple. They know exactly what and why they are eating the food that they do. One Habit + A Bit Of Work = Weight Loss Are you in the habit of counting calories and tracking what you are eating? Why not? People who want to get rich count their money. They know where all their pennies are going and would never consider guessing at how much money they need to achieve their financial goals.If you want to lose weight why wouldn t you be doing the same thing and counting calories? You only get out of something what you put into it. The issue is most people have no idea what they are putting into their bodies.People who guess at the number of calories they eat a day typically struggle with their weight loss. When you understand why you are eating what you are eating, weight loss becomes easy, almost automatic. When you are eating food for a specific purpose, you tend to not overindulge or make unhealthy choices.Food Is FuelThat is the only purpose food is designed for, fuel. To provide us with the calories we need to perform our daily functions. If you take in more calories than you need, you get fat. Weight loss is as basic as that. The magic happens when you understand the type of calories you need and how much of each.You need to focus...



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