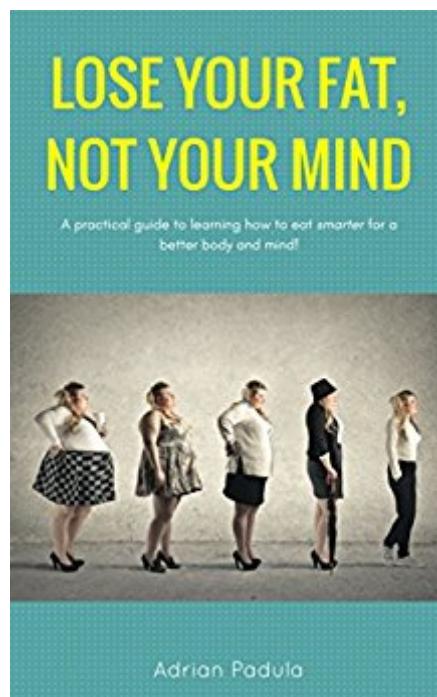


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# **LOSE YOUR FAT, NOT YOUR MIND: A Practical Guide To Learning How To Eat SMARTER For A Better Body & Mind!**



## **Synopsis**

This NEW EDITION includes BONUS RECIPES, a 7-DAY MEAL PLAN and an easy to follow, step-by-step 30-DAY TRANSFORMATION PROGRAM! Also included is FREE 24/7 ONLINE SUPPORT! Losing weight can often be an uphill battle for most people. Are you frustrated with your lack of results? Are you looking for a simple yet effective way to drop those excess pounds? After many years of working in the health and fitness industry, Adrian decided that there had to be certain principles that when followed, produced guaranteed weight loss and better health for anyone who followed them. Principles that were so simple to use and easy to implement yet still produced remarkable results. After years of research and testing, both on himself and his clients, Adrian finally discovered the 7 'secret' principles that must be followed in order to achieve the kind of body and level of health that most people long for. Moreover, this method of eating is enjoyable, easy to sustain, and can also be adapted to YOUR specific lifestyle! No more eating foods you hate and no more struggling with your weight! Finally, a plan that you can actually stick with and a way of eating that WILL produce the results you have always wanted, and quickly!\*Learn how to recognise which foods literally force your body to burn body fat\*Discover which superfoods you must include in your diet to fast track your results\*Learn how to use intermittent fasting as a powerful weight loss tool\*Learn how to switch on your fat-burning hormones\*Lose 3-4 pounds every week\*Discover the biggest mistakes most people make when trying to lose weight\*Learn how to destroy your sugar cravings using a simple 4-step process\*Discover how you can finally gain control over the food you eat\*Learn how Adrian's proven 7-step method, which has helped hundreds of his clients, can also give you amazing results\*Find out which supplements can help you to lose weight and which ones are a total waste of your money\*Discover how you can activate your 'skinny gene'\*\*Have access to nutritious recipes that are easy to prepare and guaranteed to taste amazing\*Receive free 24/7 online support

## **Book Information**

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## **Customer Reviews**

Lose Your Fat, Not Your Mind is a quick read and includes some recipes at the end as well. The author gives some advice that is easy to include in daily life. I just felt like the book ended suddenly, and it barely scratched the surface of the topic. I really liked the part on listening to your body to know what works for it the best. Adrian Padula's explanation of the havoc sugar causes to your insides, made it easy for me to cut back on how much I put in my coffee- today.

This book is a deceptively quick read, but contains a wealth of good advice that is more than do-able by anyone who wants to look and feel great. Unlike many fad diet books that claim theirs is the only right way and promise unrealistic and even unhealthy results, Adrian recommends you listen to your body's needs and be kind to yourself. He gives specific advice on things to avoid as well as things to try, and why. At the same time he doesn't get too technical. If you use his advice along with paying attention to appropriate portion sizes for your needs you're sure to succeed.

I recently gave birth (5 months ago) and am ready to get back to my healthy eating journey and weight loss goals. This guide gets straight to the point of what I need to do. The author does a great job of discussing the obvious elephant in the room, and how crash diets and over-indulgence in sweets wreak havoc on us. This has definitely motivated me!

Well-written book with many practical steps to weight loss. Lots of ways you can implement changes in your lifestyle and diet without being completely overwhelmed. I learned a lot and am excited to

make some changes that will benefit my health!

This book is full of just good common sense and dieting made easy! I have tried many diets, but this diet makes much more sense!

Good advice.

I love how this is to the point. I read in about 20 minutes. I like how the author brings up that we weren't made to eat nonstop and we should try to space food out by only eating 8 hour window or so. I like the mention of cheat days helping a plateau and that depriving cannot help but portion is key. The water before meals I've heard before. Dark chocolate can help curb a sweet tooth. Staying active of course. I liked the suggestions of supplements and why we need em. I'm going to begin my supplements first week and then work into the fasting schedule and see what happens. Thank you! You got this product free for my honest opinion and review.

This weight loss book is easy to read, practical and based on the latest science. I have used some of the author's suggestions successfully, so I know what he says is realistic and can work. At the same time, he provided some useful tips I hope to implement in my quest for healthful living and weight maintenance. I especially like how he explains the "why" behind many of his suggestions.

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FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weigh loss, easy way to lose weight, how ... way to lose weight, how to lose body fat) Eat Fat, Get Thin Fast!: Eat Fat and Get Thin with the best healthy high fat recipes; Complete pictures, nutrition facts, and serving sizes for every single recipe! 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) Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.) How To Lose Thigh Fat: The Most Effective and Simple Solutions to Trim your Thighs (Thigh fat, slim thigh, reduce thigh fat, shape your thigh) Sleep Smarter: 21 Essential Strategies to Sleep Your Way to a Better Body, Better Health, and Bigger Success Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) Ketogenic Diet: 4 Weeks To Rapid Weight Loss, Strongest Energy Better Your Life: LOSE UP TO ONE POUND A DAY (Including The BEST Fat Loss Recipes - FAT BOOTCAMP Intermittent Fasting: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) 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) Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips)

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