



Weight Loss Success - Without Dieting: True Stories About Losing Weight With the World's Healthiest Foods

George Mateljan

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This book is based on scientific studies, which consistently show that for successful weight loss you don't need to diet or eat less, but you need to eat nutrient-rich foods, like the World's Healthiest Foods—foods rich in nutrients and low in calories. This is not a diet book, but a book to help you make a lifestyle change to healthy eating. You will learn how high-quality, unprocessed nutrient-rich foods, such as the World's Healthiest Foods, nourish your body and why that is so important to healthy weight loss. The powerful Healthy Weight Loss Plan helps make selecting and preparing great tasting food so easy that maintaining a healthy weight just becomes a way of life. The e-book version of this book has been very successful and the author backs his weight loss program with a 100% money back guarantee.

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