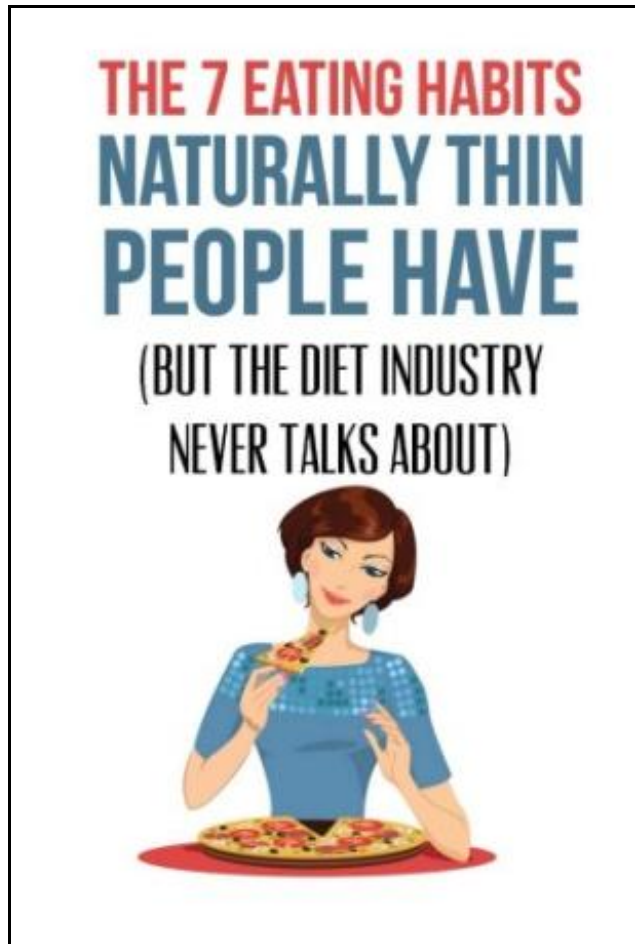


The 7 Eating Habits Naturally Thin People Have: (But the Diet Industry Never Talks About)



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Reviews

*The book is straightforward in read through better to recognize. it absolutely was writtern quite completely and valuable. Its been printed in an exceptionally simple way which is only after i finished reading this book where really altered me, alter the way i believe.
(Kenyatta Berge DDS)*

THE 7 EATING HABITS NATURALLY THIN PEOPLE HAVE: (BUT THE DIET INDUSTRY NEVER TALKS ABOUT)



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The 7 Eating Habits Naturally Thin People Have (but the diet industry never talks about) Discover how to relax around food and free yourself from a lifetime of dieting There s an insidious idea out there that is secretly keeping a lot of people overweight. It s a simple thought, and one that goes unchallenged most of the time. What is it? Well, if you ve ever heard someone say, but it s easy for her to stay thin, it s all in her genes! then you ve encountered this problem face to face. The dieting industry makes it seem like losing weight is some sort of rocket science, a top secret combination of special foods eaten in special ways and all kinds of expensive superfoods, fitness fads and embarrassing celebrity endorsements. And so I guess it s understandable that when someone seems to stay slender, it must obviously be because they re just naturally that way. By accident, even. We assume some special innate characteristics mean they get to run circles around the laws of physics, eat junk food and end up with flat abs and a bum you can bounce coins off. The truth, though? Nobody is naturally thin. In fact, when somebody claims to be naturally one way or the other (naturally slim or just naturally bigger, without anything they can do about it) what they are actually telling you is that they have a lifestyle that naturally leads to either a healthy weight or overweight. Nobody can fight the laws of physics, but people are born with different temperaments, different life philosophies, and different attitudes towards food. Look at a thin person, and what...

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