

**EASY WEIGHT LOSS: 30 EASY TIPS TO
LOSE WEIGHT WITHOUT FOOD
RESTRICTION, COUNTING CALORIES OR
EXERCISE BY ANTHONY ARVANITAKIS,
FOTIS CHATZ**



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Are you are interested in how to lose weight using easy weight loss tips? Read on!

Two basic reasons diet books (even the good ones) fail to help people lose weight are 1) they are usually 200-300 pages long and the actual content and practical advice they contain about how to lose weight accounts for 20-30 pages max. Due to this most of the people who read these books just end up frustrated and overwhelmed. And 2) the serious diet books also make you count calories religiously in order to keep track of how much you are eating. While counting calories is a phenomenal tool, it fails a lot of people, because it can be a big annoyance.

What do most people actually need from a diet book

The truth is that people need fast and easy ways to lose weight! Who could blame them after-all, if you think about all the pressure we have to deal with on a daily basis nowadays in order to survive, there is simply not enough mental horse-power to deal with other trivial stuff such as weighing your food and calculating calories!

The most common question we get as trainers usually sounds something like this " Hey Tony could you give a couple of easy tips to lose weight? I need to drop 10 pounds before I start going to the beach this summer!"

What inspired us to write Easy weight loss

While pondering over these problems and sympathizing with many of our clients who constantly seek weight loss tips to improve their diets and keep on asking us for easy ways to lose weight, we were inspired to write this eBook.

We decided to solve this problem by taking an opposite route of what most diet books use, by giving the reader a short and easy to digest eBook with instantly applicable weight loss advice and diet tips that provide the best ways on lowering calories without having to keep track of them.

So how will this book help you? You will learn 30 easy tips that will :

- Help you lose weight, without weighing your food or count calories
- Get you prepared for that moment where temptation is at its highest and that sexy piece of cake is calling you
- Feel less stressed in your everyday life.
- Show you how everyday foods that are easily affordable can become some of the best choices when it comes to losing weight.

And much more!

Take action today by downloading "Easy weight loss: Stop counting calories with 30 easy tips" and get started on your journey to a healthier and leaner body!

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- Released on: 2014-06-30
- Format: Kindle eBook

Most helpful customer reviews

2 of 2 people found the following review helpful.

It delivers!

By Diamantis

This little guide is exactly what a person wanting to get started on weight loss, really needs: Simple, feasible life-hacks, backed up by solid evidence, in a neat, compact, easy-to-read format. No need to get lost in hundreds of pages of either intimidating tech-talk or "awe-inspiring" quackery. Get it and get started in under one hour. Antonis and Fotis have really hit the spot with this one.

Kudos guys :)

1 of 1 people found the following review helpful.

Value for money - Applicable tips - Evidence-based approach

By Dikaios Voudigaris

Great book for people who are looking for real-life, applicable tips on how to actually lose weight. The fact that makes this book so great is that the tips are in an easy-to-digest language but still based on peer-reviewed science. Many books out there will promise outrageous things and deliver few results if any. Most of them are theoretical and don't help the reader to take the next step into implementing the knowledge she/he has spent her/his money on. This book does exactly the opposite! Best value for money loss weight book out there!

1 of 1 people found the following review helpful.

Very good and practical

By Toni

What I like about the book is the no bulls*** approach. Nobody is selling any supplements and everything is written plain and simple so everybody can understand it. At the same time everything is based on science and referenced to scientific papers. What especially resonated with me were the tips how to implement the theory into the practice without becoming to stressed about it. In my opinion one of the best (can be done in real life) weight loss books.

See all 27 customer reviews...

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