



The Glutton s Diet: Eat, Drink and Get Slim (Paperback)

By Dean Yurke

Createspace, United States, 2013. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Hello, my name is Dean and I love gorging on big meals, I love drinking wine and I love being lazy. but two years ago I was 50 pounds overweight because of this! Today I still love gorging on big meals, I still love drinking wine and I still don t exercise for weight loss, but I m now 50 pounds lighter and I m healthier and happier than ever! With The Glutton s Diet, I m going to share with you the amazing true story of what I discovered by accident after I lost weight, without trying, during a nine day business trip to China. On that trip I spent most of my time feasting on delicious twenty course Chinese banquets, drinking far too much wine and being completely lazy. After losing weight by literally being a glutton, I was so shocked by what happened that I spent a year researching why it happened and then amplified the effect by applying simple psychological principles to my everyday eating habits. Over the course of a year I lost...



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Reviews

Basically no words to describe. We have read through and i also am sure that i am going to going to read once more once again later on. You may like just how the article writer compose this publication.

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This kind of book is every little thing and made me searching ahead of time plus more. This is certainly for anyone who statte that there was not a well worth reading through. Its been developed in an remarkably straightforward way in fact it is simply following i finished reading this pdf in which really modified me, alter the way i really believe.

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