



Deadline Dieting: Reliable Weight Loss on Time (Paperback)

By Sharif Jacobsen

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Motivation isn't needed! Everyday I saw changes in the mirror. That's the only motivation I needed! - Jean Harvey 42, Brisbane Australia. Australian Fitness and Nutrition Expert Sharif J. reveals how to get in shape for a wedding, birthday, holiday, or summer in time and on time. Deadline Dieting is a complete, and easy to follow method to lose weight when in a hurry. No exercise, supplements, calorie counting or special equipment are required. Deadline Dieting works with one's lifestyle rather than against it. Kilos are dropped fast through adjusting meal timing and by following a foods list classifying foods into everyday foods, sometimes foods (2-3 times per week) and special occasions foods (once every few months). Dieting therefore becomes less of a chore and increases long-term adherence. We all know that weight loss is easy at the start but keeping it off is the real challenge. A specific maintenance strategy is therefore included in Deadline Dieting as well as how to avoid the common mental traps people often fall into after initial weight loss success Deadline Dieting...



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