



## Just Stop Eating So Much! Completely Revised Updated

By Motivational Speaker Private Diet Coach Gregg Author  
McBride

Lulu.com, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Good news! Despite what the commercial diet industry might want you to believe, losing unhealthy excess weight is easy. Popular blogger and author Gregg McBride took off more than 250 pounds within one year—without surgery, pills or fads. And he's kept it off for over a decade. Now you can achieve your own version of success. It all begins with your commitment to yourself. And with this simple, easy to incorporate eating plan and lifestyle, you have the potential to live your life to its fullest—while looking and feeling as good as you deserve to. This completely revised and updated plan includes Just Stop Eating So Much! Meal Ideas, Recipes and Eating Guidelines, Exercise Tips and Guidelines, Dining Out Strategies and Vacation Tips, Advice on Having Your Cake and Eating It Too, Success Tracker, Food Diary and Shopping List, Strategies to Help Beat the Cheating Mentality, Stress Busters, Self-Esteem Building Ideas, Motivation Techniques, and more!.



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