



# **Top 10 Diet Myths That Are Keeping You FAT: Ten Important Lessons Learned After Losing Over 100 Pounds**

*Yossif Etok*

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**The reviews speak for themselves!**

"I wanted MORE! Great book!

"Well written, easy to read and understand."

"This short book is highly recommended to ANYONE who wants to eat healthy."

"This is a great book!"

Guess what? **Everything you think you know about health and nutrition is probably WRONG.**

Are you tired of trying to unsuccessfully lose weight every New Year's? Feel like you've tried everything and failed repeatedly? If the usual advice doesn't work for you, there's a good reason: It's all wrong!

If you're trying to lose weight, these things are NOT as healthy as you've been taught:

- Whole grains
- Low-fat foods
- Soy
- Gyms
- Breakfast
- Antibiotics
- Running/cardio
- Counting calories

My name is Yossif, and I've successfully lost over 100 pounds. I've spent years studying nutrition, and what I learned made me VERY angry. You will be too when you discover the obesity epidemic is largely due to outdated health advice and misinformation.

I'll offer an eye-opening look at supposedly "unhealthy practices" such as eating dietary fat and skipping meals. This book will also provide you with tried-and-true methods to supercharge your health, since no single diet will work for everyone. If you're sick of getting nowhere with conventional wisdom, now's the time for a change!

**\*\* PLUS, get details on a FREE beginner's guide eBook inside! \*\***

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People live in this new day time of lifestyle always try and and must have the time or they will get wide range of stress from both daily life and work. So , when we ask do people have extra time, we will say absolutely yes. People is human not only a robot. Then we question again, what kind of activity do you possess when the spare time coming to anyone of course your answer can unlimited right. Then do you try this one, reading publications. It can be your alternative throughout spending your spare time, the particular book you have read is definitely Top 10 Diet Myths That Are Keeping You FAT: Ten Important Lessons Learned After Losing Over 100 Pounds.

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What is your hobby? Have you heard this question when you got pupils? We believe that that issue was given by teacher with their students. Many kinds of hobby, Everyone has different hobby. So you know that little person such as reading or as examining become their hobby. You need to know that reading is very important and book as to be the matter. Book is important thing to include you knowledge, except your

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