



**How to Lose Weight: Understanding Your Metabolism And How It Works To Help You Lose Weight-Reshape Your Metabolism and Burn Fat Uncontrollably (How To ... How To Lose Belly Fat, Paleo Diet) (Volume 6)**

*Daniel Williams*

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## A Proven, Step-By-Step Method And Strategies On How To Lose Weight By Boosting Your Metabolism

This book contains proven steps and strategies on how to lose weight by boosting your metabolism, which is achieved by manipulating what you incorporate into your diet program. You make a decision that you want to lose weight, say a stone in 6 weeks, so that you can fit into your favourite jeans. After all, what's the point of them hanging up in your wardrobe, right? You begin your journey, maybe start by giving up sweets, cakes, fried food and even alcohol! You start to eat more vegetables, salads and fruit and drink a bit more water. You MAY even think about doing some sort of exercise but you're not sure exactly what to do and how often to do it. You say to yourself "Exercise is hard and do I really want to put myself through the pain?" There are hundreds of gyms, studios, personal trainers, Zumba classes, Pilates... the list is endless. THEN, there is the food part of it. You have to choose a slimming group or the new fad diet that you've seen on the front cover of 'Perfect Healthy' magazine [that magazine doesn't actually exist by the way, I made it up!]. THEN, you see the latest diet pill that is causing a mass revolution in the USA - it must work, 100 celebs are trying it and they are so thin! You are just inundated with choices BUT (and here's the deal), you just don't know where to turn for the best. True?

## Here Is A Preview Of What You'll Learn...

- Overview on Diet and Food Selection
- Benefits of Diet
- Mechanisms of Food Processing
- Food Items for Diet
- Tips on Selecting Food Items and Designing Meal Plans
- Other Diet-related Concerns
- Much, much more!

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**David Fern:**

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