



Dieting Vs Weight Loss - Breaking the Habits (Paperback)

By Daniel E Ouellette

Createspace, United States, 2014. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****. I m not a celebrity, I m not a dietician, I m not a nutritionist. I m just a 50 year old guy who changed his eating habits and lost over 40 pounds in less than 4 months. I wasn t expecting to lose so much weight and I wasn t planning on writing a book about it. Had I known either was going to happen, I would have taken a before photo of myself. I guarantee if you follow my plan, you won t have to buy special foods, you won t have to count calories, and you will never be hungry. Even your grocery bill should decrease! This isn t a crash diet. It could take up to 30 days before you get your body readjusted, but then it kicks-in and you start to lose the weight.



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