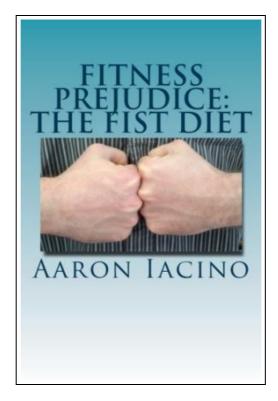
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FITNESS PREJUDICE: THE FIST DIET (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand ******. Choosing a diet should be like choosing your mate, ask yourself, Am I prepared to live with this person/diet for the rest of my life? Ask yourself if you can sustain this new Hollywood trendy diet forever? Diets that make you give up food or eat and drink really weird things will usually only last a month or so. This is one of the beauties of the Fist Diet. The rules are simple and it is very doable to anyone with the motivation. You don t have a ten page list of foods you can never eat again. Meat is not the enemy. Carbs are not the enemy. Food is not the enemy. How we misuse and over eat food is the enemy. All you need to do to transform your body is to find a strong enough motivation. The Fist Diet is a rapid weight loss plan designed to help you find that strong motivation and give you the tools necessary to lose weight. This is a logical, factual, and scientific weight loss strategy embedded with psychology Written by Aaron Iacino Certified Nurse Nutritionist Instructor/Coach Holy Remnant Publishing 2015.

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