

# Lose Weight Fast: Your 17 Steps To Crushing Any Weight Loss Goal (How To Lose Weight Your Way)



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Lose Weight Fast With 17 Easy Steps Is it possible to take any diet on the market and make it work for you? If you are like most people you are searching for that one last diet to finally lose the weight once and for all. The problem is you have tried about a dozen different latest greatest diets with little to show for your efforts. Now you feel frustrated and desperate. This book is not just another diet or a diet at all but a system that allows you to be in control of what you weigh. How would it feel to be back in control of your weight loss? Most diets are not teaching you how to make their advice work in real life or fit your current lifestyle. A lot of it just isn't practical advice for the average person. They expect you to fit their mold of an ideal weight loss customer. Being no two people's lifestyles are the exact same that is impossible. The author understands that fact and every step can be easily modified to match your personal needs, wants and desires. If you don't love your diet you will not stick to it and will not be in control. Bruce Lee says it best "Absorb what is useful, discard what is use and add what is uniquely your own" which is exactly how you should approach any diet. All Your Weight Loss Questions Finally Answered We all have questions about weight loss and without answers they can prevent us from ever starting. They are our limiting factor. Here are some common questions the author gets asked: Where do I even start to begin so I can lose weight? What do I do when my weight loss plateaus? How do I keep the weight off once I lose it? Can I lose weight without trying to find the time to exercise? Can I plan a cheat day or a treat a day into my life? How often should I weigh myself? The answers to these

questions and many more are found in these 17 steps. You are about to discover the true foundation to weight loss. Lose Weight Fast is designed so you can use it repeatedly with consistent success. Proven System Sheds Weight And Does It Fast The 17 steps are exactly what Darrin's clients take before he even starts to work with them. Without this foundation there is no way for you or your coach to create a plan that allows you to lose weight fast. Many clients are so successful just following the steps that they never need Darrin's services. They empower themselves for the first time and achieve every weight loss goal they set. He loves working with his clients but his only goal is to help them write the last weight loss story they ever need to tell. The focus in this book is to find the right way for you to lose weight as fast as healthily possible. What You Will Discover Inside How to keep a food journal that reveals why you gain weight in the first place. Why combining the scale, tape measure and pictures are the true way to determine success. Your hidden eating and thinking habits that sabotage you every day. Why you don't have to give up everything you love or eat the things you hate. Easy ways to reduce your daily calorie consumption by massive amounts. Lose inches off your waist before you even start to diet.