



# **Eat More, Weigh Less: Learn the Simple Strategy to Dropping Pounds and Shredding Fat While Eating What You Want and Avoiding False Diets**

*Peter Paulson*

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## **Eat More, Weigh Less**

**Dieting sucks...**

The hunger. The cravings. Feeling like those cookies in the cupboard are calling your name.

We all hate it, but we all do it.

**Because we've been told that we need to do it if we want to lose fat and drop the pounds.**

Then comes the confusing question of, "what diet should I follow?"

Almost every week a new fad diet appears that promises results faster than the last (which already promised incredibly fast results).

**And here's the kicker, most of these diets don't work.**

Actually, let me rephrase that...

Most of these diets don't work over the long term. They're not sustainable to your everyday life.

Because they don't take into account **simple human psychology or behavior...**

Sure, eating carefully measured portions of grilled chicken, steamed broccoli, and unflavored brown rice will get you in shape (and it will get you there fast). But, it isn't sustainable, enjoyable or doable for 99% of people.

And that is why most diets fail. They're far too restrictive for everyday life and they're almost impossible to sustain.

Let's face it...

You don't want to cut out our favorite foods, you don't want to drink smoothies instead of eating, you don't want to weigh your bland portions and you want **lots of variety in your meals.** And, so you should.

**So, let me introduce you to Eat More Weigh Less.**

A sustainable and easy to follow dietary approach that delivers results quickly (without you hating every

meal).

Instead of hopping on the latest dietary trends I've pulled it back to the fundamentals.  
**The basic principles fitness pro's have used for years to get in (and stay in) shape.**

In Eat More Weigh Less I take you on a journey of enlightenment where we stay away from the current fads. Instead, we focus on the **fundamental principles** of rapid body re-composition, such as...

- The **RIGHT** foods to eat
- What to avoid eating if you want to stay trim all year round
- Simple body hacks that turn you into a calorie burning machine
- How you can eat **MORE** delicious foods (while still losing weight)
- How to eat your favorite "cheat foods" to actually promote more fat loss

And, of course, much, much more.

I won't be telling you to avoid your favorite foods, in fact, I **encourage you to eat them.**

And, I won't give advice that might work... I only focus on the proven principles that deliver results.

So, if you want to eat more while weighing less, buy the book now.

Don't suffer through another plain, flavorless chicken breast all in the HOPE of seeing your abs.

**Buy Eat More Weigh Less and actually ENJOY getting in shape.**

Avoid the trends. Avoid the false claims. Focus on the proven principles of getting, and staying in shape.

To your success.

Peter Paulson

**P.S When you buy Eat More Weigh Less now I'm throwing in a free "Accelerate Pack" which will shortcut your path to success.**

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