



## **Lose Weight Not Strength: Kick Start Your Weight Loss Habits Naturally**

*Rick Alves*

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**Lose Weight, Not Strength: Kick Start Your Weight Loss Habits Naturally** Are you on one of those people who have tried every diet plan just to put on more weight? Does your body act like a fat factory no matter how much effort you put into it? Even worse, do you get loose hanging skin and a shapeless body every time you lose weight? If so, then **Lose Weight Not Strength** is just what you have been waiting for. With a bit of discipline and determination, some people can eat less, hit the gym, and lose weight. For most of us, shedding a few pounds is a battle on several fronts. Food cravings, fat genes, lack of motivation, emotional eating, bad eating habits, you name it. These weight loss enemies can seem larger than life and so difficult to overcome. This book takes a completely new approach to solving these problems and more. It goes to the heart of what actually makes you gain weight, and then fail to lose it no matter how many diets you try. Firstly, it completely dispels the long held myth that you must starve to lose weight. It also does away with the backbreaking physical exercises that seem designed only for professional athletes. **Lose Weight Not Strength** is about you, and how to change specific circumstances around you that lead to weight gain. This book will show you why most diets make you feel washed out, weak, moody, and less confident. Many people are shocked and disappointed when their diet plan drains energy out of them, leaving them too lethargic to enjoy and live life to the fullest. This is the complete opposite of what a meal plan should do! Faced with this situation, it is just too easy to give up and reach for the calories. For this reason, **Lose Weight Not Strength** takes a totally new approach to healthy eating, not dieting. Why? You cannot diet forever, and at some point, you will get sick of diets that make your stomach churn! This book not only lays out delectable meal plans that will make you shed pounds, but goes further to help you gain muscle. This is important if you want that gorgeous body with a fabulous shape. To this end, you will have access to numerous meal plans, which will give your body proper strength, nutrition, and leave you fully satiated. Furthermore, the book lays out great recipes and supplements, which can take you that extra mile in your quest for the perfect body. **Lose Weight Not Strength** will additionally help you control your food cravings. Using psychological approaches, it reveals why so many people cannot avoid eating the wrong foods, and how to overcome this. It also deals with the lack of motivation that condemns many weight loss plans long before they even begin. By making healthy choices, this book details how simple lifestyle changes can lead to sustainable weight loss and a healthy and fulfilling life. This includes combining a healthy diet with regular exercise to build body strength, increase muscle composition, and have a well defined body shape. For more great resources, visit: **PureDietWeightloss.com** If you want to live a healthy life with the perfect body, great attitude and vitality, then this book was written with you in mind.

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