



The Ultimate 21st. Century Diet: 25 Bites

Jay Bysinger

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25 Bites is designed to change your eating habits which in turn changes your outlook on life. 25 Bites helps control the quantity of food consumed at every meal which then helps you lose weight after 30 days. This is a lifestyle change and a motivational tool to increase your productivity and mental outlook on life. After 30 days of 25 Bites my body and outlook on life began to change. My energy level increased especially in the afternoons and the quantity of food intake diminished. This made entertaining clients much more successful and more enjoyable.

If you begin the day not liking what you see in the mirror, you have already lost the battle of life before even leaving the house. 25 Bites is designed to reshape your body and your mind in order to win at the game called life. Everything starts with looking in the mirror in the morning and liking what you see and believing you can accomplish anything. 25 Bites is the Ultimate 21st Century Diet.

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