



## The Fat Resistance Diet Journal: Track Your Progress See What Works - A Must for Anyone on the Fat Resistance Diet (Paperback)

By Bowe Packer

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Cutting-edge research shows that losing weight is not about carbs, calories, or even willpower--it's about a hormone called leptin, and how it functions in your body. Leptin is your body's natural weight-loss mechanism: it curbs your appetite, jump-starts your metabolism, and when working properly makes you literally fat resistant--you will lose weight effortlessly and efficiently and never gain those pounds back. Well that is exactly what The Fat Resistance Diet is all about. Would it be nice to monitor and track your daily feelings, what's working, what's not and reflect on these things? So you can feel good about your progress and self once again. Now you can with the The Fat Resistance Diet Journal! Avoid the frustration and eliminate disappointment by tracking your progress. Imagine spending less time guessing what is working, what you might need to change and just KNOW by monitoring tracking your progress. This Fat Resistance Diet journal is the perfect companion for you to put your mind back into perspective and focus on utilizing the information you have...



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