



# The Surf Diet

*Chris Mo'e*

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As of May 2015 this is now a #1 bestseller on WORD! Promotional consideration as seen on [www.Facebook.com/SurfDiet](http://www.Facebook.com/SurfDiet) & <https://vimeo.com/116817851> . "Surf Diet" co-author Veronica Grey (Eternal Youth Empire) has another #1 bestselling book <http://tinyurl.com/WealthAndWisdom> . See <https://www.youtube.com/watch?v=MC9822RRKhs> for a TV appearance on this book. Special thanks Red Hot Chili Pepper Anthony Kiedis for co-adminning <http://www.Facebook.com/SurfingUniverse> . On a recent episode of "Family Feud," survey says that the average length of time someone successfully lasts on a diet is two weeks. Even "The South Beach Diet" admits that many diets fail. But for those of you who believe there MUST be a way to get ripped and have it last, then the BRAND NEW Surf Diet is for you. Why? Because it is a new diet in the history of diet that includes a mechanism to beat failure: "The Cheat Day" or "cheat meals" which designs the diet specifically for success. We have all heard of many diet books and programs, from A to Z Atkins to Zone but how many of them produced LONG lasting PERMANENT results? This is where The Surf Diet excels. It is like a "Cliffs Notes" of diet books, because it incorporates THE BEST of what numerous other diets offer, plus the "fail - proof" mechanism of cheat days / cheat meals, which account for how people eat in real life. The Book appeals to everyone across the board: those who already surf and those who wish to learn and everyone in between. This includes anyone who simply wants to look like a beach God or Goddess. This also encompasses anyone who enjoys extreme sports - like snowboarding, mountain biking, etc; basically anyone who does any aerobic or anaerobic exercise daily. Any housewife will tell you that mommy chores or hoofing it through the mall rivals any extreme sport out there, so this diet is definitely for everyone. Why? It is more than a diet. It is a lifestyle. Surfing is an attitude. It isn't just about paddling out to find waves. Although when you do, you embody the spirit of a hunter, which means, those of us hunting the next big corporate account or the next artistic success or even the best romantic relationship, will find something that resonates from The Surf Diet. What else makes The Surf Diet stand above other diet books? There are several differences in the lifestyle incorporation plan. Furthermore, The Surf Diet backs up with research: \*how there's no such thing as an empty carb \*how late night snacking CAN be good for you if done properly \*why it is sometimes essential to eat MORE carbohydrates (not less) this will make bread and pasta lovers thrilled! \*how vegetarians and vegans get plenty enough protein \*cruelty-free / animal-free options for obtaining proteins \*a realistic lifestyle plan for both meat eaters & non Plus The Surf Diet discusses the holistic quality of surfing. It is not just the food you eat, but also the books you read, the films you watch, the clothes you wear, the music you listen to, and the people are with. As a bonus, unlike other diet books, it even includes exercise tips for those who wish to surf or already surf or need to be active. Finally, it ends with mouthwatering recipes that are simple to prepare and pleasing to any palate. Legal disclaimer: This book is 100% tax deductible, thereby making it a FREE gift from us to you! Simply reference our Federal EIN 61-1555550 to claim your exemption equal to the amount you "paid." When you make a "payment" it is actually a donation since we are a charity. Your donation is voluntary and without condition. Legally we can't "owe" you anything in exchange for making this donation. However, we GIFT this book to you as part of our mission to serve the masses. Thank you!

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In this time globalization it is important to someone to acquire information. The information will make anyone to understand the condition of the world. The healthiness of the world makes the information simpler to share. You can find a lot of recommendations to get information example: internet, paper, book, and soon. You can observe that now, a lot of publisher this print many kinds of book. The actual book that recommended to your account is The Surf Diet this guide consist a lot of the information on the condition of this world now. This specific book was represented how do the world has grown up. The terminology styles that writer require to explain it is easy to understand. The actual writer made some exploration when he makes this book. This is why this book suited all of you.

#### **Daryl Pena:**

This The Surf Diet is completely new way for you who has curiosity to look for some information because it relief your hunger info. Getting deeper you onto it getting knowledge more you know otherwise you who still having little digest in reading this The Surf Diet can be the light food for you personally because the information inside this book is easy to get by anyone. These books develop itself in the form that is reachable by anyone, yes I mean in the e-book type. People who think that in e-book form make them feel drowsy even dizzy this book is the answer. So you cannot find any in reading a e-book especially this one. You can find what you are looking for. It should be here for an individual. So , don't miss the idea! Just read this e-book style for your better life in addition to knowledge.

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