



## The 10 Commandments for Losing Fat, the Sane and Simple Way

*Nia Shanks*

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Losing fat, and keeping it off long-term, can be simple. The 10 Commandments for Losing Fat, the Sane and Simple Way, shows you exactly how.

The current fitness world is known for making huge promises that "all of your dreams can come true" in a matter of a few short weeks. This usually entails a combination of eating very little and working out for hours every week (the "eat less, move more" mantra). As a result, people either give up immediately because the regimen is too unrealistic and not practical, or they stick it out and end up exhausted, hungry and miserable. Once they stop the program they gain the weight back, with interest.

Nia presents a different, practical, and long-term approach to losing fat and keeping it off. Take the sane and simple approach to losing fat and join Nia as she shows you the simple, flexible nutrition guidelines free from "forbidden" foods and obsessive eating habits, how to properly strength train for maximum results in minimum time, and how to build a stronger, positive mind.

You will also get an 8 week workout program for losing fat and building a better body.

Here's a glimpse at The 10 Commandments for Losing Fat, the Sane and Simple Way:

- #1 - Thou Shall Stop Focusing on Fat Loss
- #2 - Thou Shall Master the Basics of Strength Training & Nutrition
- #3 - Thou Shall Adopt Eating Patterns Suited to Your Lifestyle & Preferences
- #4 - Thou Shall Accept and Learn from Set Backs
- #5 - Thou Shall Stop Comparing Thyself to Others
- #6 - Thou Shall Lift Challenging Weight
- #7 - Thou Shall Not Rely Heavily on Cardio
- #8 - Thou Shall Not Pay Attention to the Number on the Scale
- #9 - Thou Shall Not be Motivated by Negative Thoughts & Emotions
- #10 - Thou Shall be Patient and Consistent



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A lot of people always spent all their free time to vacation or maybe go to the outside with them friends and family or their friend. Do you know? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book that you just read you can spent the whole day to reading a publication. The book The 10 Commandments for Losing Fat, the Sane and Simple Way it doesn't matter what good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. In case you did not have enough space to develop this book you can buy the actual e-book. You can m0ore simply to read this book out of your smart phone. The price is not very costly but this book features high quality.

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