



The Little Book of Thin: Foodtrainers Plan-It-to-Lose-It Solutions for Every Diet Dilemma

Lauren Slayton

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The ultimate cheat sheet that sets out a workable and flexible plan for successful weight loss to fit every lifestyle and diet choice.

In this “worst-case diet survival handbook”, nutritionist and founder of Foodtrainers™, Lauren Slayton offers strategies and tips to avoid the most disastrous diet booby traps. Along with her no-nonsense nutrition and exercise advice, readers will discover that the missing component of most weight-loss schemes is planning. Planning to succeed and planning for the obstacles on the way to slim are as vital as what and when to eat and how to incorporate fat-burning activity into your day.

All too many dieters give up when they hit a few road bumps created by work, family, socializing, travel, fatigue or indifference. Slayton comes to the rescue with:

- The Big 10 “Do-Not-Pass-Go” Basics, from high protein breakfast to “closing the kitchen” after dinner!
- Top Ten Things to Avoid to Get Healthy and Slim Down Fast
- The 4 P’s -- Plan, Purchase, Prep and Promise -- to get and stay on track
- The 4-Step Treat Training Strategy to survive the “Witching Hour”

Dozens of smart, simple ways to cope with the big obstacles to slim: family, restaurants, travel, entertaining, alcohol and more. Slayton provides the know-how and the what-to-do-when-things-go-south to help readers keep on track, no matter what diet they follow.

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Sun Byrd:

Book is to be different per grade. Book for children until adult are different content. As it is known to us that book is very important for all of us. The book The Little Book of Thin: Foodtrainers Plan-It-to-Lose-It Solutions for Every Diet Dilemma seemed to be making you to know about other expertise and of course you can take more information. It is very advantages for you. The guide The Little Book of Thin: Foodtrainers Plan-It-to-Lose-It Solutions for Every Diet Dilemma is not only giving you more new information but also to get your friend when you feel bored. You can spend your personal spend time to read your guide. Try to make relationship while using book The Little Book of Thin: Foodtrainers Plan-It-to-Lose-It Solutions for Every Diet Dilemma. You never feel lose out for everything when you read some books.

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Nowadays reading books are more than want or need but also turn into a life style. This reading addiction give you lot of advantages. Associate programs you got of course the knowledge the rest of the information inside the book that improve your knowledge and information. The data you get based on what kind of reserve you read, if you want drive more knowledge just go with schooling books but if you want sense happy read one using theme for entertaining including comic or novel. The actual The Little Book of Thin: Foodtrainers Plan-It-to-Lose-It Solutions for Every Diet Dilemma is kind of guide which is giving the reader capricious experience.

Kyle Guthrie:

Spent a free time to be fun activity to perform! A lot of people spent their spare time with their family, or all their friends. Usually they doing activity like watching television, likely to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? May be reading a book can be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the book untitled The Little Book of Thin: Foodtrainers Plan-It-to-Lose-It Solutions for Every Diet Dilemma can be very good book to read. May be it might be best activity to you.

Shirley Cochran:

In this time globalization it is important to someone to receive information. The information will make someone to understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publisher this print many kinds of book. The particular book that recommended to you personally is The Little Book of Thin: Foodtrainers Plan-It-to-Lose-It Solutions for Every Diet Dilemma this publication consist a lot of the information from the condition of this world now. This kind of book was represented so why is the world has grown up. The language styles that writer value to

explain it is easy to understand. Often the writer made some analysis when he makes this book. Honestly, that is why this book suited all of you.

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