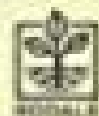


Learn how to
stick to your diet!



THE TEN COMMANDMENTS

The **TEN** no-fail diet strategies
that work for **every** person and **every** diet

Dr Stephen Gullo

Author of 'Thin Tastes Better'

Stephen Gullo

The Thin Commandments



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Ten diet plan strategies that work for everyone and every diet plan President of the Institute for Health and Weight Sciences in New York, Dr Stephen Gullo has more than 25 years' experience of helping people to lose weight and to maintain their new weight for life. You decide what you'll eat, how exactly to keep your eating under control and what you need to avoid at all costs. PARTLY 2, you get a 3-step program, which begins with a 10-day turbocharged diet plan and includes menu programs, shopping lists and recipes. At his clinic patients wait up to 6 months for an appointment and pay over \$1000 one hour for his suggestions - advice he information in this groundbreaking diet book. In Part 1, The Thin Commandments gives you a series of strategies that are easy to find out and easy to use. Together, you'll get all the information you have to stay clear of cravings, free from guilt, free from obsessing about meals and free at last from the destructive patterns of yo-yo dieting.



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a bit bored and lonely and I needed to operate a vehicle through Wendy's to get a Frosty. I love his method of weight reduction and subsequent maintenance. Solid principles that address the psychology and behaviors that influence weight loss and healthy, sustainable habits.. I truly believe it is best for weight loss and only contains 16 calories per slice but it was just like eating a piece of cardboard, maybe worse. I do not really consider myself a picky eater and have eaten many bland and "diet" foods before but this was truly awful. When I found it on Amazon in digital structure I downloaded instantly. It was one of the worse things I have ever tasted. Very old data. As Dr. I will have checked the time on this when We purchased. I'm not in love with the title (too religious sounding), however they do signify the laws of food behavior that ultimately result in success or failure. I actually think I'll listen again and make a recording for myself (one of the authors recommendations).. Sound concepts for eating just like a thin person I "read" the audio edition which is narrated by the author. Weightloss winner Gullo has amassed an arsenal of information about the biological triggers that set so many of us off on binges. My package came yesterday therefore i was very excited to try it. While he does discuss foods no specific kind of diet is pushed. He talks about specific ways to be successful and overcome obstacles. I will have checked the day on this when I purchased. I go through Thin Preferences Better by this same writer over 10 years ago. While it was not available in my area I was able to purchase it off the web. I recommend this to anyone who desires to consume in a way that potential clients to bring thin and healthful. Best life changer ever! Who knew a couple of lifestyle changes could have such a profound influence in one's lifestyle? Dr. If you have a problem with emotional eating buy this book for this chapter alone. I purchased the hard copy of this book several years . No miracles, save your valuable cash by reading the prior sentence. That's all that really works. A different approach! This book includes a different method of weight loss. Rather than focusing on food, it really is focused on the relationship we've with food. It shows on how food effects our body and how to deal with that. A good read for anybody wanting a different way of looking at weight loss.



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