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# How To Lose Weight Without Diet And Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss



## Synopsis

The Lazy Man's Guide For Weight Loss \*\*\*Updated 18/6/16 Free Bonus "5 Minute Flat Belly Routine" + [VIDEO]\*\*\* Read it on your PC, Mac, smart phone, tablet or Kindle device. To lose weight you have to do one of three things: eat less, move around more, or preferably both. If you do any of these, you will lose weight. How? It all boils down to achieving a net negative calorie state. When you eat less but maintain your normal activity levels, you have fewer calories coming into your system and your body will try to make up for those lost calories by burning up stored energy. Animals, which include human beings, store energy in the form of fat and muscle. When you eat fewer calories, your body misses these calories. To be able to afford all its other energy expenditures it's going to compensate for these missing calories. It's going to start burning up fat and muscle. Make no mistake about it, you're always burning calories. By simply reading this book, you're burning calories. When you walk around and breathe, you're burning calories. In fact, even if you're lying down on your bed, you're still burning calories because your body is pumping blood and breaking down the food that you ate earlier. Do you see how this all works out? Consider your body as a factory. If you're going to do anything with this factory by making any of its machinery work, you need energy. Your body requires energy in the form of calories. If you do any of the three things I mentioned above, you will achieve a net negative calorie state which would force your body to burn up calories. The more fat your body burns up, the lighter you weigh. Similarly, your body would also burn muscle for these calories. It has to get those calories. The other approach, which is the more common way to lose weight is to simply move around more. You're eating the same amount of food but you're moving around more. Normally, people exercise to achieve this state. The same logic applies. When you move around more, your body's calorie requirements go up. It has to look for those calories somewhere. Since you're not eating more to compensate for your increased activities, your body is going to have to burn fat and/or muscle to compensate for the calories you lost due to your increased activities. Scroll up to click the buy button and begin your Lazy Adventure !

## Book Information

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## **Customer Reviews**

Desperate people do drastic things. That's how I would define myself when it comes to losing weight. 2 years ago, I was overweight. I have tried all kinds of diets. Now, I'm considered as obese. I'm so frustrated I don't know what any other diets I should try to make it work for me successfully. Reading this book made me realize where I went wrong. I go for a walk because I can't jog. I'm too heavy that I'm starting to have heart failure and my cardio don't recommend jogging until I have lessen my weight somehow. Apparently, what I lack is enthusiasm and the belief that I can do it. Every time I fail in my diet scheme, I blame myself for the guilt and quit. It would take weeks before I start again. This book, however, thought me enough to discipline myself and to start believing that I can indeed do it.

This is definitely a great book, especially when you are trying to make running a part of your everyday life. This book definitely boosts your morale, and is highly inspirational to walkers/runners. An easy book to read and a fun way to start any weight loss journey. I loved his Introduction to this book; it allows you to jump immediately to the section of information you are most interested in. I resisted doing this and read it cover to cover first, but I am finding it handy in referring back to specific details I'm looking for.

This book on Weight Loss is designed to assist you about the understanding the need of human body and how this diet can help in this matter. The recipes mentioned in this book can be adjusted as suited to your own tastes. This book also tells you about which foods are allowed or good for you and which are not. This is very useful and important book.

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