



12 Simple Secrets to Effortless Paleo Weight loss: How to Increase Motivation, Get in Shape and Stay Healthy Without Losing Your Head! (Paleo Pocketbook)

Michael James

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Paleo Pocketbook 12 Simple Secrets to Effortless Paleo Weight Loss is a different approach to achieving improved health and losing weight with the Paleo diet.

If you are trying to get started on a Paleo eating plan, or struggling to stick with one, this book is for you. It is the antidote to all the information and rules you think you have to follow. Inside you will find 12 simple secrets you can start using right now, to make your Paleo path clear, straightforward and successful.

This book will teach you how to think about the Paleo diet, and what really makes the difference when it comes to achieving your health and weight loss aims (it isn't as much as you may think it is!). And it will help you stay happy on the way. Paleo success while you maintain your peace of mind!

You will find all the information and tools you need to put together a plan that works for you. It is all about natural and sustainable weight loss that will also have a positive impact on your overall health and well-being.

This book will give you all the information you need to:

- * Stop wasting time worrying whether you are doing paleo right and get on with getting in great shape
- *Break your weight loss down into achievable and effective steps.
- *Eat for natural weight loss
- *Stop the daily battle with cravings and constant hunger
- *Learn how to turn your body's switch so you start burning fat for fuel
- *Focus on the most important factor for weight loss
- *Measure your success more effectively so you stay healthy and happy on the way to your goals
- *Feel energised with an increased sense of wellbeing

The information inside this book comes from evidence based research. It is based on the methods used by ordinary people who have successfully used the Paleo diet to lose weight and improve their health. It includes the following topics;

- * How to set goals so you are propelled towards success automatically
- * Why you don't need to aim for perfection to make Paleo weight loss work
- * What to eat and what to avoid
- * Physical activity and the truth about exercise for weight loss
- * How to customize the Paleo diet so it fits your life

If you do not feel confident enough in the beginning to put together your own plan, there is an example simple and delicious 5 day paleo meal plan for you to follow.

The best thing about this book, is that the 12 secrets are simple enough to put into practice today. They are the things that the people who get the most out of the Paleo diet do. It is time for you to join them. So give it a go and see what the 12 Simple Secrets to Effortless Paleo Weight Loss will do for you.

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