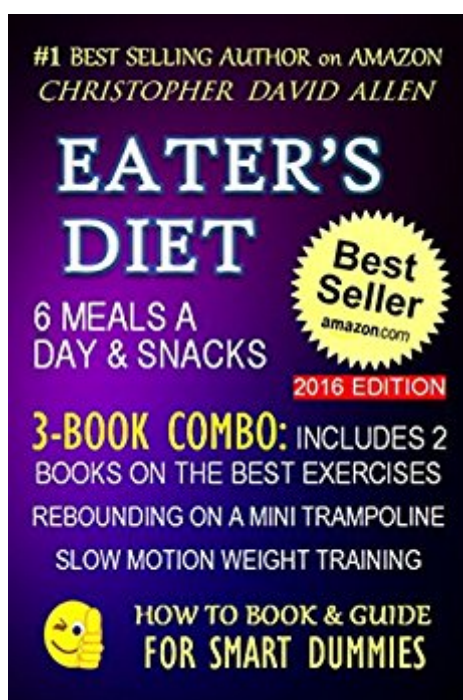


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Synopsis

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By International Best Selling & #1 Best Selling AuthorCHRISTOPHER DAVID ALLEN

Eater's Diet is optimized to achieve fat loss and muscle gain with eating pleasure. Eater's Diet delivers fat loss and muscle gain with superior results from the two best forms of exercise: Eat more often Healthy snacks Cheat meals to satisfy guilty pleasures and reset the Leptin fat burning hormone for maximum fat loss Lose fat fast while gaining muscle that burns even more fat 24/7/365 Use one or both of the most effective forms of exercise Build bone density (especially important for women)

You must exercise to achieve best results: All diet plans recommend exercise. However, those other diet plans never tell you about the two most effective forms of exercise that burn more calories while adding muscle to burn even more calories 24/7/365. The most effective forms of exercise are "Rebounding On A Mini-Trampoline" and "Slow Motion Weight Training". Forget boring cardio that doesn't burn many calories and stops burning calories as soon as you stop exercising. Spend less time doing optimal forms of exercise for faster results.

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Book Information

File Size: 3556 KB

Print Length: 285 pages

Publisher: GOOD ADVICE SELF-HELP BOOK PUBLICATIONS; Updated May 14, 2016 edition
(November 4, 2014)

Publication Date: November 4, 2014

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00P8H93MQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #282,528 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11

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Customer Reviews

After all these years of failed diets, I've finally found weight loss success. This diet makes sense and the science is there to get you excited. Most import is getting the right exercise and the diet industry does not tell you about Slow Motion Weight Training and Rebounding. a real bargain to get such smart advice and finally do a diet and exercise program that actually works. I'm consistently losing 2 to 3 pounds a week and I'm getting stronger too ... Much Stronger! These books are worth so much and cost so little and are recommended to anyone who wants to finally get off the fad diets

and fad exercises to achieve success. Lose weight and get stronger with Christopher David Allen is probably going to keep me from an early grave. The very best money I've ever spent and a bargain at a very low price too. If you're serious about losing weight and getting back in shape then spend the \$5 and just do it.

If you love to eat ... This diet and exercise combo is for you. If you want to learn about the two best exercises to increase your weight loss ... The exercise books included in this combo are for you.

WELL DONE DIAT BOOK FOR THE MASSESDOCTOR RECOMMENDED AND 5 STARS

This 3-book combo also gives you the skinny on the two best forms of exercise and it all makes perfect sense. Buy this bargain combo!

Christopher David Allen lays out a weight loss plan that really makes sense in his book *Eater's Diet*. There aren't any starvation tactics or serious cut backs here, it's simple - eat six meals a day with snacks to achieve the desired result. Allen states that dieters can succeed with this method by upping the protein and cutting back on carbs and bad fats - not completely eliminating them from the picture. It's realistic. This is a meal plan that anyone can adapt to and succeed with. He also states that exercise is a key component to weight loss and provides a wonderful option for readers with a copy of his rebounding on a trampoline and slow motion weight training guides. Allen gives readers everything they need, and more, to score the body and health of their dreams. The best part is he does it with simple to follow steps, easy to read narratives and realistic goal setting platforms. This is the perfect plan to follow to achieve real goals with little frustration along the way.

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