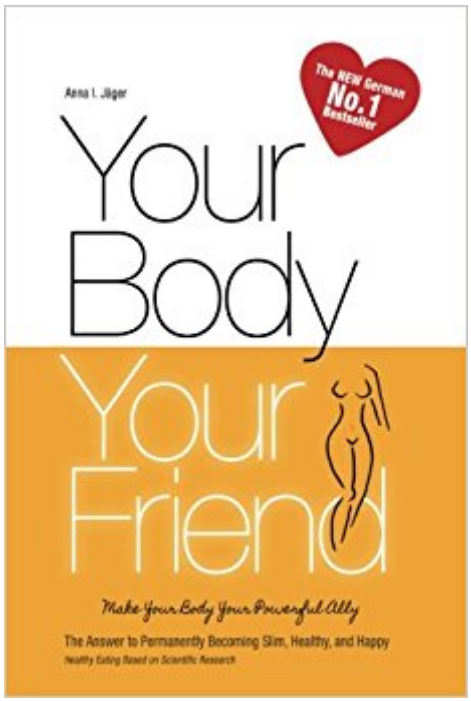
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Your Body, Your Friend: The Answer To Permanently Becoming Slim, Healthy, And Happy (Vegan Weight Loss) (Volume 1)



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Synopsis

The New German No. 1 Bestseller Fat Storer Goodbye! Fat Burner Hello. The method described in this book even works for all the Ã¢â ¬Å“hopelessÃ¢â ¬Å“ cases. Have you been struggling for years with your health, happiness, and weight? Are you at a point where you feel you have to let go of your wish to become slim, healthy, and happy? Make Your Body Your Powerful Ally In the course of her research, bestselling author and long-time nutritionist Anna I. JÃƒÂ¤ger discovered a fairly simple, logical solution: We need to stop fighting against the biologically natural processes of the organism that we call our bodies. We need to, instead, join forces with them! We need to, instead, join forces with them! A healthy, well nourished body will run more effeciently and lose its extra pounds automatically. No, these are not false promises; this is biology. Your Body Needs Energy to Heal Your Body Needs Energy to Feel Happy Your Body Needs Energy to Burn Fat (!) This Book is For Everyone Who Wants to Learn: Ã¢â ¬Â¢ How to turn your body from a massive fat warehouse into a fat burning furnace Ã¢â ¬Â¢ Why cutting calories is dangerous for your mind and body Ã¢â ¬Â¢ How to lower the set-pointweight (the weight that the body tries to keep) Ã¢â ¬Â¢ The information needed to understand physical processes and make peace with their body, Ã¢â ¬Â¢ Why low carb diets will make you gain more fat longterm Ã¢â ¬Â¢ How eating MORE of the right vegan foods will help you lose the weight and keep it off easily Ã¢â ¬Â¢ How to overcome an eating disorder step-by-step Ã¢â ¬Â¢ The fantastic scientifically proven benefits and results of decreasing animal products Ã¢â ¬Â¢ What to eat and when to eat it to maximize weight loss and get healthy fast Ã¢â ¬Â¢ Lots of extra strategies in order to boost your health and happiness even more The book is based on scientific evidence and experiments of independent sources that are listed. In 10 chapters, and on 100+ information-filled pages, the reader learns what the body needs to be healthy, slim, and happy. Nutritionist Anna I. JÃƒÂ¤ger: Ã¢â ¬Å“I was convinced by the success of this method, not because I wanted to be convinced, but because I did NOT want to be convinced.Ã¢â ¬Å“ Have you ever said, Ã¢â ¬Å“I'll have to live with the thought to never be slim?Ã¢â ¬Å“ Then let me convince you of the contrary. Do not wait a day longer for your desired dream body. Based on Scientific Research by Dr. Neal Barnard, Dr. McDougall, Harvey Diamond, Prof. T. Colin Campbell and many more. Thousands of success stories based on a vegan, low fat, high carb diet. Yes it is possible! ItÃ¢â ¬â„¢s never too late to start eating well. P.S. You have to eat to get slim. In this book, youÃ¢â ¬â„¢ll learn how to actually lose weight and keep the weight off not by restricting calories but by eating more of the right foods. Your body needs a quick metabolism and enough energy to burn fat! Just Scroll to the top of the page and select the Buy Button. Don't have kindle? No worries! Read it on PC, Mac, Tablet, Or Smartphone. TAGS: vegan, vegan diet,

weight loss, healthy eating, clean eathing, health food, RawTill4, Raw till 4, RT4, 80/10/10, low fat, high carb, LFHC

Book Information

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Customer Reviews

Like the author, I have tried many diets over the years, and now in my early forties, it is even harder to lose weight and live a healthy lifestyle. What is so great about this book is that it’s not just another fad diet book. This is an honest to goodness genuine, realistic plan to LIVE a healthy lifestyle and lose weight in the process. Every point the author makes is logical and backed up with research.The whole concept Jager promotes is balance. She is not encouraging the reader to go on a restrictive diet, nor encouraging exercising like a fiend which is what I found so compelling about the book. There is a nice balance to doing both which will result in weight loss and a healthier lifestyle. There were so many helpful pieces in the book. For example, I didn’t realize that some fruits shouldn’t be combined with others for digestive purposes!! (I don’t want to give too much away--you need to get this book!)I have already started following the ideologies in this book. I am feeling great! Get this book, read it, and make it a life choice! Thanks Anna for your hardwork on this serious issue!

Very good information. Many years ago I was on the Atkins diet and I remember specifically that after I came off the diet, I felt hungry all the time. It was awful! I was on another diet where I ate in small portions and frequently, I was doing well but stopped because of family emergencies. At the

moment my metabolism is basically non existent and I am looking for ways to boost it up again and lose some weight. This book has provided me with some valuable information so I can get on tract again. I was never a believer in the calories counting system - just drove me crazy!!

There are so many diet books on the market currently that one can get lost in the mountain of books that are available. However Your Body, Your Friend looks at dieting from a totally different perspective. There are thousands of book on the market celebrating the latest rave and diet plans wether its increasing your meat consumption, decreasing your carb consumption, eat more fruits and vegetablesÃƒÂ¢Ã â ¬Ã Â| And many more. The premise of this book is simple ÃƒÂ¢Ã â ¬Ã Å“Eat More to Lose More.ÃƒÂ¢Ã â ¬Ã Â•Included in this book are excerpts from several research projects that have already taken place in reference to a healthy diet and body weight. The Sets Point Theory as it relates to the bodyÃƒÂ¢Ã â ¬Ã â„¢s ability to store fat to maintain a certain body weight is discussed in detail. The plus side is that a personÃƒÂ¢Ã â ¬Ã â„¢s second point can be modified with a healthy eating plan.The author, Anna Jager takes us through a refresher course on the difference between eating and digesting animal protein versus vegetable proteins. Other topics included in this book are food combining, facts about vitamin B12, benefits of a high carb-low-fat diet and eating starches. The book also address the need for increased water consumption, exercise and getting a good nightÃƒÂ¢Ã â ¬Ã â„¢s sleep. Be sure to read the frequently asked questions chapter because it addresses some of the current myths in regards to eating a high carb diet.Your Body, Your Friend is a book worth getting as you start your healthy living journey.

This has definitely been one of the best vegan diet book I have ever read. This book really made me look at the vegan diet in a totally new light and has convinced me to give it a try. I highly recommend anyone give this book a read.

This book is good for someone who is interested in the health benefits of a plant-based diet but it does not offer new insights for people who have been vegan for a while.

Always very interesting knowledge in all the Vegan books I read. Always something a little difference in ones opinion and level of knowledge.

This is great book! this is what I needed to know about the food we should eat and again I found the

benefits from being vegetarian. Author did a good research on the topic of how we should eat and live to have healthy body and to lose weight if needed. Recommend for everyone who wants to improve quality of your life and to have beautiful, strong and healthy body!

Becoming Vegan is a definite lifestyle change. This book not only does it help you to lose weight it also helps you to adopt a healthy lifestyle. You will learn that animal products contain lots of fat and not much nutrients than fruits and vegetables. I've learned so much about being vegan, which made me really appreciate and feel more motivated about this diet. This is a great book for anyone looking to consider the vegan lifestyle and isnÃƒÂ¢Ã â ¬Ã â„¢t sure what a vegan diet consists of. I would definitely recommend this book.

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