

Weight Loss Revelations is the latest sensation in diet consciousness books. Through it's no-nonsense, direct approach, it targets why we lose faith in diets and how to listen to the simple truth. The responsibility to lose weight is squarely up to you but Weight Loss Revelations provides you with signposts leading to a new you.

It tells you how to:

- **Increase your metabolism.**
- **Lose weight without being hungry.**
- **Decrease cravings and how to eat the rest of your life.**

By listening to your body, really hearing what it needs and acknowledging it, you can conquer the most anxious food cravings. The formula is simple: Want strawberry cheesecake? Psychologists say that it's the strawberry flavor that we crave so instead of a caloric hullabaloo, have some strawberries with some cool whip.

If you're out to dinner, watch for the biggest villain to sabotage your diet: MSG, which triggers more chemical reactions in your body than a nuclear power plant. Weight Loss Revelations contains other saboteurs such as sugar and fat, but doesn't advocate a Spartan diet; if your craving is too overwhelming, have a bite of that cheesecake and toss the rest away.

"The difficulty", says diet expert Clarence Range, "are the excuses we all make in not why we're dieting. I despised the word diet, I ~~ate~~ do. Diets going to help you maintain your weight loss, diets are short term solutions..." Range, who spent over \$8,000 in different diet plans professes that his system is the easiest since common sense and the desire for change involves the right emotional choices.

The Weight Loss Revelation prophet shed forty pounds with his special program and has kept it off. He believes in long term change by leaving the word diet by the wayside so you don't feel bad about it. In it's place: moderation, a simple 20- minute exercise plan, reminder list, and learning to listen to your body and its cravings. He is the professed guru of expounding why people hate diets and why reframing your mind works. "Stop sabotaging yourself," Range implores, "diets can drive you crazy... the real focus should be finding the real you."

Weight Loss Revelation is a life-changing system that will change the way you view food, the way you view yourself, and how the world views you.

Weight Loss Revelation is all about how you can become your very best and ultimately lead a long, happy life.

[Below, I suggest a text box with same phrases.]

Here are just a few of the many things you'll learn..



Discover how you can lose weight quickly, without starving yourself or eating bizarre foods you would normally never touch.



The shocking truth about why low calorie and low fat diets don't work, could make you even fatter, and what you can do to ensure this doesn't happen to you!



The few foods you absolutely **MUST avoid if you want to lose weight and be healthy, and why you don't have to avoid most of the foods you love!**



Five things you can do right now to drastically increase your metabolism and skyrocket your weight loss without eating less!



Why eating less food can completely destroy your weight loss efforts, and how to know just how much you should be eating to lose weight.



Why depriving yourself of the foods you love can derail your weight loss and send you spiraling out of control.



Powerful, fast action weight loss routines that will MELT Fat quickly!

