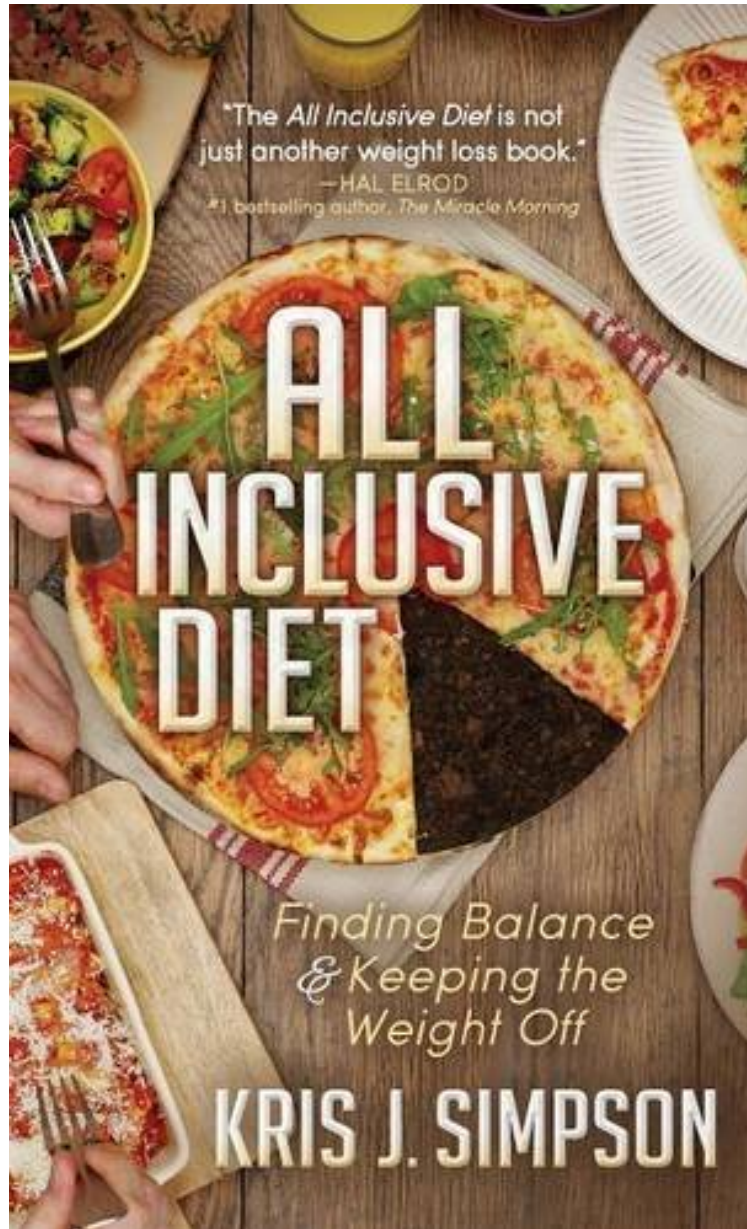


(Free read ebook) All Inclusive Diet: Finding Balance Keeping the Weight Off

All Inclusive Diet: Finding Balance Keeping the Weight Off

Kris J. Simpson

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Kris J. Simpson : All Inclusive Diet: Finding Balance Keeping the Weight Off before purchasing it in order to gage whether or not it would be worth my time, and all praised All Inclusive Diet: Finding Balance Keeping the Weight Off:

2 of 2 people found the following review helpful. Not just another weight loss bookBy Steven AndradeThrough his

remarkable "hitting rock bottom" personal story and the countless personal stories of those that he has helped, Kris brings to life the valuable lessons learned from his real world experience in the trenches of the fitness and weight loss industry. No theories here, just a tried and true plan for losing weight and more importantly, keeping it off. But the All Inclusive Diet is not just another weight loss book. Kris goes beyond the conventional weight loss wisdom that's commonly available and provides genuine, breakthrough thinking with his 5-facet approach to losing weight and keeping it off. Each facet offers new, valuable insights that will demystify weight loss and change your overall perspective on health and wellness - all in a way that is easy to understand and even easier to implement. In many ways, the All Inclusive Diet is about more than just weight loss. It's really a complete lifestyle manual that will inspire you to make lasting changes and find an overall balance in life so you can truly become your best self. Highly recommended to anyone that has ever struggled with maintaining their optimal weight or is looking to drastically improve their overall health and wellness.

2 of 2 people found the following review helpful. Raw and real approach to weight loss and wellness, that works! By Tatiana This book offers realistic, long-term solutions to everyday challenges. Implementing the 5-Facets into your daily life will give you the foundation for a healthy and happy lifestyle, in order to battle anything that comes your way. It will change your perspective, and change your life. I was able to turn my life around with this simple approach to weight loss and wellness. I have discovered how important it is to get active, not only in the gym but in my every day activities. On the flip side, I spend time relaxing and recharging. This book teaches you a simple way to create balance in all aspects your life. Whereby, you are able to lose weight in the same approach that you will keep the weight off; no diets, no crazy exercise regimes, just a raw and real approach that takes you to the root of the problem and provides a long term, forever solution. I will cherish the principles of this book for the rest of my life.

0 of 0 people found the following review helpful. A really great book. No hype of the five stars! By John Davis I think the author only included the word "diet" in the title solely for marketing purposes. This is more than a diet book. He's not giving you a list of a bunch of foods to eat and then some exercises to do and then you lose weight. You can find lots of books on that. He gives you the guidelines to release your weight and to keep it off. And he gives you strategies to deal with the issues and challenges that can delay or sabotage weight release like stress, lack of sleep, and being overwhelmed. Kris realizes that we don't become overweight by chance. We are drawn to food because food acts as a substitute to fill the holes we may have in our life. He even says you need to commit for two years to release the weight and keep it off! Who does that? This is a great value for a small investment of \$2.99. I just finished the book today and will institute his program. I'll update over time.

Diets don't work. People can't keep the weight off. Many invest billions of dollars into the weight-loss industry, but are not getting the pay-back in pounds that people are able to keep off. The programs don't work and never have, because they only focus on taking the weight off for now. They set many up for failure with rigid, restrictive and unrealistic weight loss programs that offer a quick fix, but let's face it, they aren't sustainable. Enter Kris J. Simpson and his All Inclusive approach to keeping the weight off. All Inclusive Diet is about finding the balance and keeping the weight off. If you have taken weight off in the past only to put it back on again, All Inclusive Diet will teach you how to keep it off forever.

About the Author Kris J. Simpson is a veteran of the weight-loss, fitness and physical rehabilitation industry. As an elite personal trainer, former national bodybuilding champion and present CEO and founder of Bodies By Design Fitness Studios, Kris is recognized as a weight-loss and fitness guru and his expertise and wisdom is in high demand. He was also featured as a spokesperson for health and fitness on CP24, City TV, and the E! Channel. As a Weight-loss Coach, Seminar Leader, Speaker and Author, Kris found his calling to help other people restore balance and keep the weight off as he did for himself. Kris spreads the weight-loss and wellness gospel by dedicating his life to this cause. As he sets his sights on the future, his crusade will continue by showing others how to keep the weight off and sharing his vision of the health and fitness experience with his clients and the world at large. As his motto states, he will continue to ndash; Inspire to Aspire trade;