



# Dump the Diets, Ditch the Scales, Drop the Inches

*Mr Paul Lonsdale, Mrs Ann Hirst*

Download now

[Click here](#) if your download doesn't start automatically

# Dump the Diets, Ditch the Scales, Drop the Inches

*Mr Paul Lonsdale, Mrs Ann Hirst*

## **Dump the Diets, Ditch the Scales, Drop the Inches** Mr Paul Lonsdale, Mrs Ann Hirst

(You can be forgiven for looking at the book cover and thinking: "mmm.... 50 shades of fat loss!") So...you want to lose some weight? (You're perusing the diet book section - it's hardly a Sherlock Holmes deduction.) But which diet do you go for: low carbs; low fat; meal replacements; protein only; points; blood group; soup; fasting; double choc muffins? (Okay, we made the last one up.) Chances are you've already tried a few but they've not worked (otherwise you wouldn't be looking for another diet). But why turn your life upside down by trying to follow someone else's complicated diet plan and end up either starving hungry or eating things you don't like, when the 'rules' of weight loss are so incredibly simple to understand. Why not just design your own eating plan that fits perfectly into your life? After all, you know yourself better than anyone else. So just how do you do this? (Easy - buy this book!!) Lifelong personal trainers and nutritionists, Paul Lonsdale and Ann Hirst, have the answers. They have spent the last 30 years successfully teaching these 'rules' to thousands of their clients, helping them to not only achieve the shape they were looking for, but more importantly, to keep it as well. "The true success of a weight loss plan is not measured in days, weeks or even months but in a lifetime - once it's off, it's got to stay off!" Using simple lessons from humanity's early evolution, mixing them with unarguable bits of biology and physiology, then adding a liberal sprinkling of common sense and finally topping it all off with a dash of humour, their brand new book brings all of their knowledge and experience together in one, complete volume. It doesn't pull punches and challenges much of the conventional thinking about weight loss. 'Dump the Diets, Ditch the Scales, Drop the inches' is written in three distinct parts: Part 1: 'An Uncomfortable Truth' provides all the answers, in clear, no-nonsense terms, how to easily overcome the problem as to why your body gains fat and then stubbornly refuses to lose it. In Part 2: 'You don't need to live like a saint to have the body of an angel' you'll learn everything you need to know about proteins, carbs, fats, etc. and it will demonstrate how easy it is to design your very own eating plans. In Part 3: Train Smarter, Not Harder it's all about exercise; explaining how to put an effective training programme together and you may be surprised when you learn that it's not how much you need to do, but how little! 'Dump the Diets, Ditch the Scales, Drop the inches' has its foundations laid solidly in logic and science but its unarguable success is built purely from experience and results in the 'real world'. Very simply, it will teach your head the 'rules' that your body has always known!

 [Download Dump the Diets, Ditch the Scales, Drop the Inches ...pdf](#)

 [Read Online Dump the Diets, Ditch the Scales, Drop the Inche ...pdf](#)

## **Download and Read Free Online Dump the Diets, Ditch the Scales, Drop the Inches Mr Paul Lonsdale, Mrs Ann Hirst**

---

### **From reader reviews:**

#### **Julian Loredó:**

The event that you get from Dump the Diets, Ditch the Scales, Drop the Inches could be the more deep you rooting the information that hide inside words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to understand but Dump the Diets, Ditch the Scales, Drop the Inches giving you excitement feeling of reading. The copy writer conveys their point in specific way that can be understood simply by anyone who read it because the author of this guide is well-known enough. This kind of book also makes your own vocabulary increase well. Therefore it is easy to understand then can go with you, both in printed or e-book style are available. We highly recommend you for having that Dump the Diets, Ditch the Scales, Drop the Inches instantly.

#### **Terry Holmes:**

The reason why? Because this Dump the Diets, Ditch the Scales, Drop the Inches is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will jolt you with the secret the item inside. Reading this book close to it was fantastic author who have write the book in such remarkable way makes the content within easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you for not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of gains than the other book have got such as help improving your expertise and your critical thinking method. So , still want to delay having that book? If I had been you I will go to the guide store hurriedly.

#### **Rick Briones:**

Dump the Diets, Ditch the Scales, Drop the Inches can be one of your basic books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary which could increase your knowledge in vocab, easy to understand, bit entertaining but delivering the information. The article writer giving his/her effort to put every word into joy arrangement in writing Dump the Diets, Ditch the Scales, Drop the Inches although doesn't forget the main position, giving the reader the hottest in addition to based confirm resource data that maybe you can be one of it. This great information can easily drawn you into fresh stage of crucial considering.

#### **Lowell Seymour:**

You will get this Dump the Diets, Ditch the Scales, Drop the Inches by browse the bookstore or Mall. Just viewing or reviewing it could to be your solve problem if you get difficulties on your knowledge. Kinds of this guide are various. Not only by simply written or printed but can you enjoy this book by e-book. In the modern era such as now, you just looking from your mobile phone and searching what your problem. Right now, choose your current ways to get more information about your publication. It is most important to arrange you to ultimately make your knowledge are still upgrade. Let's try to choose right ways for you.

**Download and Read Online Dump the Diets, Ditch the Scales, Drop the Inches Mr Paul Lonsdale, Mrs Ann Hirst #PMH9KD1NUCL**

## **Read Dump the Diets, Ditch the Scales, Drop the Inches by Mr Paul Lonsdale, Mrs Ann Hirst for online ebook**

Dump the Diets, Ditch the Scales, Drop the Inches by Mr Paul Lonsdale, Mrs Ann Hirst Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Dump the Diets, Ditch the Scales, Drop the Inches by Mr Paul Lonsdale, Mrs Ann Hirst books to read online.

### **Online Dump the Diets, Ditch the Scales, Drop the Inches by Mr Paul Lonsdale, Mrs Ann Hirst ebook PDF download**

**Dump the Diets, Ditch the Scales, Drop the Inches by Mr Paul Lonsdale, Mrs Ann Hirst Doc**

**Dump the Diets, Ditch the Scales, Drop the Inches by Mr Paul Lonsdale, Mrs Ann Hirst Mobipocket**

**Dump the Diets, Ditch the Scales, Drop the Inches by Mr Paul Lonsdale, Mrs Ann Hirst EPub**