



# **WEIGHT LOSS FOR MEN: Think Like A Woman, Act Like A Man**

*Diego Z. Whitley*

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# WEIGHT LOSS FOR MEN: Think Like A Woman, Act Like A Man

*Diego Z. Whitley*

## **WEIGHT LOSS FOR MEN: Think Like A Woman, Act Like A Man** Diego Z. Whitley

Guys, when it comes to weight loss, it's time to think like a woman, yet act like a man. It doesn't take 250+ pages to give you proven tips to for losing weight starting right now. And, not just a little bit of weight, but 20, 30, 40 or more pounds in 2-4 months. Really, all you need to know about weight loss can be written in 1 or 2 pages. But we want detail and reinforcement, don't we? The key thing to remember about losing weight is it's all about checks and balances; eat more calories than you burn, you gain weight (unless you have a ridiculously fast metabolism). Burn more calories than you consume, get ready to start losing some weight.

This book will show you how women approach weight loss so that you can use it to your benefit. But I don't leave you hanging. I give you insight on how you can "flip the script" and make these approaches your own, from a man's point of view. The book also gives you proven tips you can use right now to begin losing weight. Finally, the author's own story of weight loss serves as a great inspiration to those who're struggling to lose weight despite exercise. Enjoy.

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