



Why You DON'T Want to Lose Weight - How One Simple Change Gives You the Body & Results You Want (Working Class Weight Loss Series - Vol. 1)

Matt "Wiggy" Wiggins

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Praise For "Why You Don't Want to Lose Weight"

"And that is 'weight loss' information that flies in the face of a lot of the commonly held beliefs out there."
- Andy Hepler, owner *Hepler Strength & Conditioning* and *Davidson County Personal Trainer* (*Davidson County's #1 Personal Training Facility*), Thomasville, NC

"...a great read, written in a conversational style and filled with great examples of why the scale really doesn't matter at all for most people...His vast profession experience and passion to help others shines through in this book. If you are looking to change your mindset about weight loss, you can't go wrong..." - NJ Rickman, author - "Sweetly Seduced: Why We Can't Say No to Sugar"

"...takes a completely different approach...will significantly improve my results!" - Ann Womack

"...this Kindle book is awesome...a great starting point for starting your own journey to feeling, looking, and performing better." - Bill Davis

About This Book

Billions of dollars are spent every year in the weight loss industry on diets, workout programs, trainers, supplements, and more. Yet so many people (like you and I) never lose any weight? Why does this keep happening to us?

Why You Don't Want to Lose Weight looks at **weight loss from a totally different angle**, and **explores why it is we're not losing weight** - the one little tweak in our approach that, if we make it, can radically change not only how we approach losing weight, but **give us all the results we ever wanted** and changes we want in our lives. And more.

(HINT - It's **not about which diet you're on or which workout you do!**)

What You'll Learn

In *Why You Don't Want to Lose Weight*, you'll discover:

- How a principle on living life by a Christian preacher can totally transform how you approach weight loss. (And it has nothing to do with religion or theology.)
- **Why "losing weight" is NOT what you're really after.**

- How **your bathroom scale is many times a complete liar**...and worse yet, keep you from losing weight.
- Why checking how much weight you've lost too often is a TERRIBLE idea.
- What **one shift in your approach will make all the difference** between "losing weight" and giving you a fit and toned body, improved health, and abundant life.

Cliche as it sounds, the fitness industry has been feeding you stories that you don't need to hear, and keeping the most powerful secret away from you. Well, I want to change all that and **put you on the "fast-track" to achieving the body and health you want.**

Hit the "Buy" button to get *Why You Don't Want to Lose Weight* right now and you can get started building the body, health, and life you really want today!

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From reader reviews:

Myrtle Hamer:

In this 21st centuries, people become competitive in every single way. By being competitive today, people have do something to make these people survives, being in the middle of typically the crowded place and notice simply by surrounding. One thing that sometimes many people have underestimated it for a while is reading. Yep, by reading a publication your ability to survive improve then having chance to stay than other is high. For you personally who want to start reading a new book, we give you that Why You DON'T Want to Lose Weight - How One Simple Change Gives You the Body & Results You Want (Working Class Weight Loss Series - Vol. 1) book as basic and daily reading reserve. Why, because this book is usually more than just a book.

Ramon Hudson:

Spent a free the perfect time to be fun activity to do! A lot of people spent their free time with their family, or their very own friends. Usually they undertaking activity like watching television, planning to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? May be reading a book might be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the reserve untitled Why You DON'T Want to Lose Weight - How One Simple Change Gives You the Body & Results You Want (Working Class Weight Loss Series - Vol. 1) can be fine book to read. May be it might be best activity to you.

Jane Hanscom:

In this age globalization it is important to someone to find information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of sources to get information example: internet, classifieds, book, and soon. You will see that now, a lot of publisher which print many kinds of book. The book that recommended for your requirements is Why You DON'T Want to Lose Weight - How One Simple Change Gives You the Body & Results You Want (Working Class Weight Loss Series - Vol. 1) this publication consist a lot of the information from the condition of this world now. This specific book was represented just how can the world has grown up. The terminology styles that writer require to explain it is easy to understand. Typically the writer made some research when he makes this book. Honestly, that is why this book acceptable all of you.

Amy Gutierrez:

This Why You DON'T Want to Lose Weight - How One Simple Change Gives You the Body & Results You Want (Working Class Weight Loss Series - Vol. 1) is completely new way for you who has interest to look for some information because it relief your hunger associated with. Getting deeper you upon it getting

knowledge more you know or perhaps you who still having tiny amount of digest in reading this Why You DON'T Want to Lose Weight - How One Simple Change Gives You the Body & Results You Want (Working Class Weight Loss Series - Vol. 1) can be the light food for you personally because the information inside this kind of book is easy to get by simply anyone. These books develop itself in the form that is certainly reachable by anyone, yes I mean in the e-book type. People who think that in reserve form make them feel sleepy even dizzy this guide is the answer. So there is not any in reading a guide especially this one. You can find actually looking for. It should be here for a person. So , don't miss it! Just read this e-book kind for your better life along with knowledge.

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