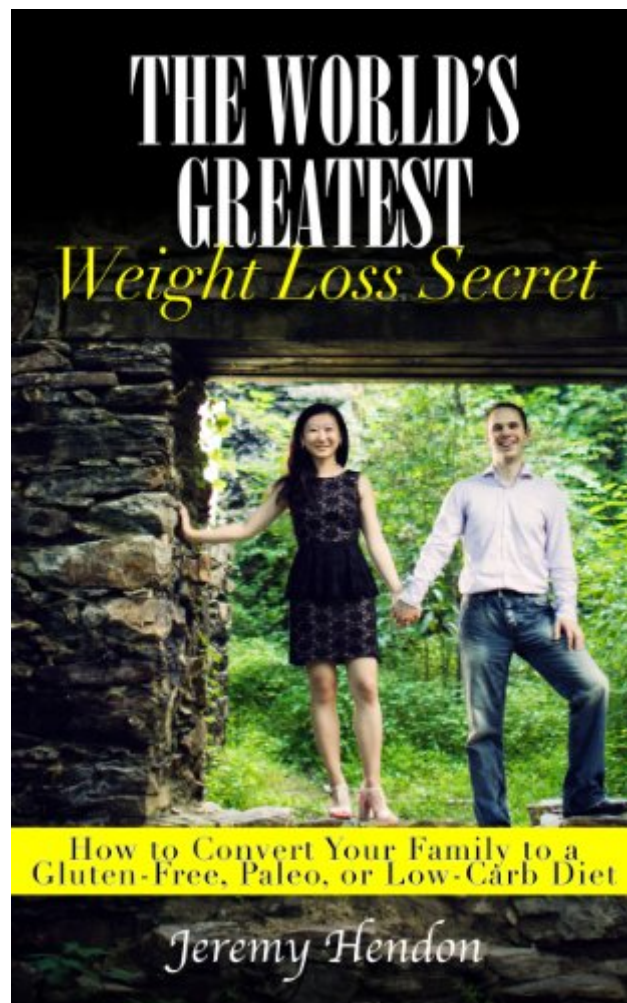


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The World's Greatest Weight Loss Secret: How To Convert Your Family To A Gluten-Free, Paleo, Or Low-Carb Diet



Synopsis

The Weight Loss Secret that Nobody is Talking About Do you struggle with maintaining weight loss? Perhaps you stick to a Paleo, Gluten-Free, or Low-Carb diet for a while, but you just can't maintain it? This is not an uncommon situation. I have dealt with it myself, as have millions of other people. But millions of people have also successfully lost weight and kept it off on Paleo, Gluten-Free, or Low-Carb diets. After talking to and helping many of these people, I've found that they have at least one thing in common. And for some reason, nobody is talking about it. **A Gluten-Free or Paleo Diet Plan Alone is Not Enough** Everyone will tell you that all you need is to know what to eat. But that's not true. You already know that many foods are unhealthy, but you eat them anyway. What you really need is support and encouragement for sticking to a healthy diet and lifestyle. But very few people ever get this type of support. **Paleo Weight Loss is NOT as Easy as Claimed** Gluten-Free, Paleo, and Low-Carb diets are fantastic. They get junk out of your diet and have helped millions of people lose weight. However, it's tough to stick to any of these diets over the long-term. And that makes maintaining weight loss very tough. Everybody is tempted by bad food, and we all cheat at one time or another. I've been through this, and everybody I talk to goes through it at one time or another. **You Must have Weight Loss Support from Your Family and Friends** This might sound like a small thing, but if you don't have the support of your friends and family, then you will never be able to maintain your motivation to lose weight and keep it off. On the other hand, if you do have this support, then sticking to a Gluten-Free, Paleo, or Low-Carb diet is both easy and incredibly effective. And you can get greater results than you ever imagined. **Get the Motivation to Lose Weight and Keep it Off** After talking to thousands of people, I learned that getting your family on board is hard, but there's a system for doing it. And in this book, I'll show you that system. I'll walk you step-by-step through getting the support of your family and claiming your golden opportunity to take control of your health, as well as that of your family. Don't make the mistake of thinking that you don't need the help or support of the people around you. **Buy the World's Greatest Weight Loss Secret Now!** I encourage you NOT to delay. Your health and your family aren't waiting for you.

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Customer Reviews

Like what other reviewers have mentioned, this book is well-written and full of good ideas. My favorite aspect is that the author provides "action steps" that encourage you to contemplate how you approach your family and friends when making the personal journey that is improving your health - especially improving your health through a diet that is contrary to current social norms. Jeremy Hendon does an excellent job of picking apart some of the reasons that make converting to a healthy lifestyle difficult, and presents some sane, helpful suggestions to ease the transition. Definitely worth the purchase for anyone making the transition with family members in tow.

I really love this book. It's well written and thoughtful. It's both practical and kind of intimate. For me it's the missing piece of the puzzle for successful weight loss, at least in theory, I am just starting to apply his methods. They really resonate with me and I think the same practice could be applied to other areas of life where you need the support of friends and family to overcome obstacles in order to achieve what you desire. Thank you Jeremy!

This book caught me by surprise. It's very detailed, offers lots of tips to improve your relationships, and also has a cheat sheet at the end to help you remember how to put the book into practice for yourself. Since I have a lot of health issues and have been on a ton of different diets throughout my life, I really appreciated the personal examples he gave. If you've been struggling to convert your

family and friends to your way of eating, you really need to read this book. Jeremy's advice is a much better way.

So many of us, myself included, have a sense that we are depriving our family by removing their favorite junk, processed, and non-paleo foods from their diet. As a result, we often give up. We give up on consistently providing our families healthy meals, which in turn starts us down the slippery slope of unhealthy eating habits. It becomes too difficult to resist the many foods that we wish we wouldn't be tempted to eat. In this book, Jeremy neatly turns this around by pointing out that instead of creating chaos and strife with your decision to eat healthier, you can use the situation to strengthen your family relationships which will increase the odds that you will stick with your paleo plan over the long term. Jeremy, through his explanations, stories from his own life, and checklists, walks you through how to get your family members to help you rather than sabotage you. It's a win-win-WIN! This was a neat little book, all focused around one thing: getting support for yourself from your family. Jeremy takes what most of us do and turns it on its head. For the better.

Jeremy uplifts the reader with personal stories about himself and Louise during the change-over to Paleo. Great info that applies to anyone wanting to 'stay true to their diet-health path'! You can be successful in other areas of your life and then fail miserably, emotionally as well when you talk with that special someone and/or family member(s) and they reject your choice. That rejection, then becomes a trigger that can send you into overeating, or feeling like you failed, when you haven't. You had courage and desire to be helpful and trusting. It's a journey to the True Self of Freedom to be free to make your own choices knowing only You can make it happen. I've experienced pretty much what he wrote about and I feel inspired to remain true to my own renewed vision for 2014. I lost 60 lbs by going gluten-free, dairy-free, exercise, and then I added Paleo with my own slight modifications. I feel great, look years younger, health is excellent and I'm glad I stuck to my own inner vision!

What a great plan for focusing thoughts and making a plan for weight loss. I am a mother of three daughters who all have their own issues with food, including likes, dislikes and habits. . They are all so different that it makes it hard for me to stick to anything. This book has given me a plan to involve them and empower them I helping their mom on the road to better health.

It's a good read for anyone facing resistance from their family while starting a new eating plan. It does not go into details on the eating plan to use which I thought would be the focus of the book

given it contains the "Greatest...Secret".

By KatherineThis is an excellent resource, not only for starting a "healthy diet lifestyle", but the principles are great to apply in any new venture you take in any area of your life. Family is so important in supporting your efforts, no matter what they are! Why is it that so often we want everyone's opinion, but those closest to us, everyone's support, but those closest to us? Here is where you will find just how to accomplish that positive, family and friends, support that we all desperately need and especially when it comes to "food" and relationships. But, it all starts with ME!

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