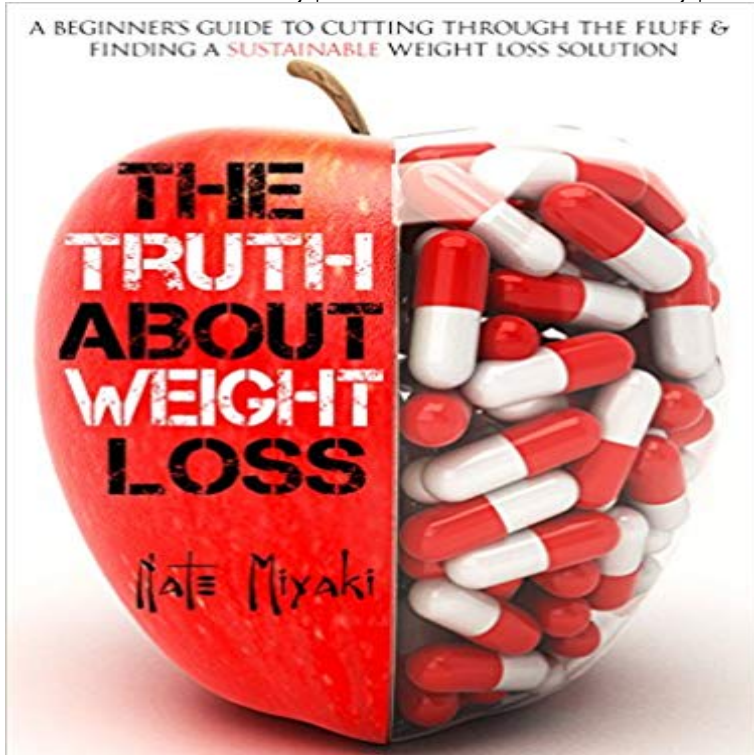


The Truth about Weight Loss: A Beginners Guide to Cutting through the Fluff & Finding a Sustainable Weight Loss Solution



Say Sayonara to Excess Fat You are fed up, have drawn a line in the sand, and have decided its finally time to lose the fat for good this time. But you wonderis there a more effective, efficient, and sustainable approach that can help you succeed with your weight loss efforts? Do you really need to eat low carb? Do you really need to eat five or six times a day? Do you really need those punishing boot camp workouts you see on TV? The Diet Industry is Full of Crap The fitness industry uses heavy marketing to make you feel like you always need something new, cutting edge, mysterious, or tricky to get results. And because we are constantly chasing the magic pill, it is easy for us to get caught up in that hype. But did you know that the success rates of most weight loss plans are only in the 2-20% range? If you want to lose weight (and keep it off long term), youve got to ditch the fads and go to the plan thats been proven to work, time and time again. The Secret of Fat Loss in the Real World Thats where Nate Miyaki comes in. Trainer of professional bodybuilders and average Joes alike, Miyaki lays all the fat loss truth on the line in his latest book, The Truth About Weight Loss. Stop looking for the next best thing. Stop getting confused by magic pills and new trends geared solely towards making sales, and start focusing on what it really takes to achieve your goals. Miyaki cuts through the diet industry dogma and lays out a simple, step-by-step plan thats easy to follow and gets real world results. Learn to make fat loss work for your lifestyle and achieve your lean dreams, for good.

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