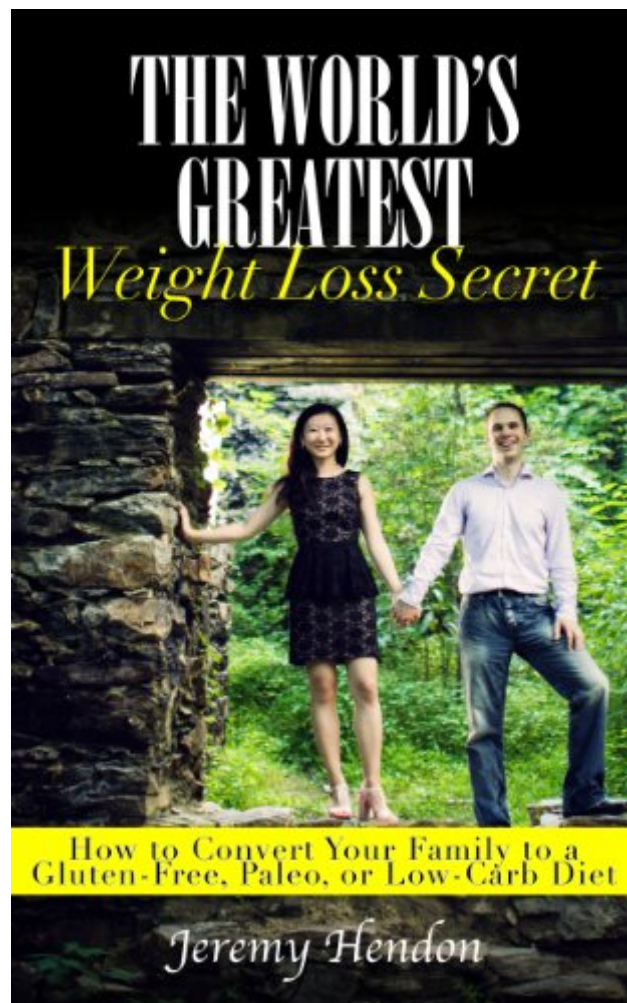


The book was found

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.

Book Information

File Size: 3603 KB

Print Length: 104 pages

Simultaneous Device Usage: Unlimited

Publisher: J&L Publishing LLC (December 28, 2013)

Publication Date: December 28, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00HKXBGS0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #651,754 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #68

in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Family Health #406

in Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free #442 in Kindle Store

> Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Paleo

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 Katherine This 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!

[Download to continue reading...](#)

Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) The World's Greatest Weight Loss Secret: How to Convert Your Family to a Gluten-Free, Paleo, or Low-Carb Diet Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: Ketogenic Catastrophe: Avoid the Ketogenic Diet Mistakes (ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss &

Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb Diet for Beginners - How to Lose 7 Pounds in 7 Days with Low Carb & High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat)

[Dmca](#)