



Pierre & Me - Diary of a Dukan Dieter: The Attack & Cruise Phases. Inspiration and Tips for Weight Loss Success

Magenta French (Ph.D)

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Inspirational and insightful - Don't go it alone! If you're thinking about losing weight or you are already on the Dukan diet - be swept towards your true weight goal by this epic tale of success. Pierre Dukan's famous diet has helped thousands of people reach their true weight. Do you know why? Because when you follow Pierre's advice and eat meals that are high in lean protein, you feel balanced, your sugar cravings disappear and the more you eat - the more you lose weight. Yes - you heard me!

Follow this author through the first two phases of the Dukan Diet - the short, all-protein 'Attack Phase' that gets immediate results and resets the body's metabolism and the alternating all-protein and protein/vegetable "Cruise Phase". Learn how easy it is to finally get results.

This fresh and fast-paced tale will inspire you to get started and keep going; equipping you with valuable tips and insights that will make it easier for you to see the success you have always wanted to see. End the dieting nightmare. No fads, no gimmicks. Do what is simple, practical and really works. This author lost 22 kilos (48 pounds) and regained her life!

Get more tips and tricks to help you on your way by visiting her website magentafrench.wordpress.com and subscribing to "Magenta's Projects" or follow the link inside the book.

A note from the author

I know why I didn't lose weight before this diet - because I didn't know how weight loss really works. Honestly, when I started Pierre's program, I didn't think I could stick to it. Then I saw the weight coming off every day and I was motivated to keep going. I ate delicious protein dishes whenever I felt like it, all day long, as much as I wanted and every day I still lost weight. The sugar cravings stopped and that's when I knew I was really on the right path. You won't believe you can do it until you try it and see for yourself. If you've dieted before and failed, don't give up. Read my story and be inspired to finally make a change that really works.

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Eileen Williams:

A lot of people always spent all their free time to vacation as well as go to the outside with them household or their friend. Did you know? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity that's look different you can read any book. It is really fun for you. If you enjoy the book that you simply read you can spent the entire day to reading a reserve. The book Pierre & Me - Diary of a Dukan Dieter: The Attack & Cruise Phases. Inspiration and Tips for Weight Loss Success it is quite good to read. There are a lot of individuals who recommended this book. These people were enjoying reading this book. Should you did not have enough space to bring this book you can buy the particular e-book. You can m0ore quickly to read this book from the smart phone. The price is not too expensive but this book possesses high quality.

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