



# **Lose Weight Without Much Dieting or Working Out: 10 Weight Loss Tricks to Stay Full, Workout Less and Exercise Smart**

*Laurie Armstrong*

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Do you feel you could benefit from losing some weight, but for one reason or another you don't get around to it?

**Weight loss is fun, easy and sustainable.**

You don't have to give up everything you love and turning into a health freak who nibbles only on carrot sticks and works out all day.

There isn't a huge and daunting 'diet' or 'exercise regimen' to stress about.

A lot of the **tricks** in this book will sound like plain old common sense and are by no means exhaustive but they will instigate a lifestyle avalanche towards good health, which ultimately leads to weight loss.

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