



# Four Easy Steps: Be Liberated from Diets - Eat Your Way to Being Slim and Healthy

*Emilia and John Blain*

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Four Easy Steps is a weight-loss book like no other.

This book is perfect for anyone and everyone who wants to lose weight safely, quickly and without ever feeling hungry. And this plan will suit all who want to cut to the chase, know the truth, lose weight faster than they have ever found possible before– and stay that way.

The Four Easy Steps plan "liberates people from diets", encourages them to "eat their way to being slim and healthy" and promises that they need "never feel hungry again".

It is “fad-free” and focuses on eating top quality foods with high nutritional value. The principles are simple, the results astonishing.

Whilst addressing serious issues, the book also takes a light-hearted approach to the world of dieting, using cartoons and motivational sayings, and is written in an accessible style that will appeal to a wide audience.

Despite the fact that there are so many diet books or weight loss regimes on offer, there are few that really understand or are honest about what actually causes weight gain.

The authors share their own weight loss journey (over ten stones lost between them in less than five months) and some of their clients’ success stories. Through their own experience and research, they know that the only way to help people to lose weight is to slice through diet myths and fads and present the facts about why so many are becoming fatter. They acknowledge that exercise is important but demonstrate that this is not the ideal route to weight loss.

The authors can say with absolute confidence that the Four Easy Steps plan offers sound principles on becoming permanently slim and healthy. No other book on the subject is needed. This may sound boastful but the fact is: there is no better approach for long-term health and weight management. The Four Easy Steps is by far the simplest, safest and fastest route to a slimmer, healthier lifestyle.

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