



# **The Emergency Diet: The Somewhat Hard, Very Controversial, Totally Unheard Of and Fastest Possible Way to Lose Weight**

*Mollie Player*

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My name is Mollie, and for twelve years, I was obsessed with losing weight.

That's right: obsessed.

I woke up with it, I went to bed with it, I lived with it. I read, and read, and read—and I tried every method I could find to lose weight. Then, one day, I finally figured it out: a very, very fast weight loss method that kept my motivation high and my feelings of deprivation low.

My weight loss and weight maintenance method is a combination of several methods, and therein lies its power. I have never read a book or heard a testimonial from anyone who has lost weight as fast as I did while using this method, which I call the Emergency Diet. The results are much faster than the kind of loss promised by diet pills, workouts and calorie counting combined, and this weight loss method is one-of-a-kind; you will not find this information anywhere else .

I truly don't think the human body can lose weight faster than this.

I regularly, consistently lost over half a pound a day in my losing phase, and I was not very heavy to begin with. And this was not water weight, either. This was fat, and it stayed off permanently every time—including after having my first baby, when I lost 35 pounds in 60 days without breastfeeding.

The best part, though: I don't obsess about food anymore. I like my body. I don't feel embarrassed to go out after a long day of eating and drinking because I feel bloated. I don't have to wait for a "flat stomach day" or "good body week" to let myself leave the house. I make last-minute plans with my friends and wear fitted tops.

And I truly feel great about how I look.

I am grateful every day for this feeling of freedom that I once feared I would never have again.

Would you pay \$10.00 for that?

If so, here's just some of what you'll find in this book:

Part One: Diet Past: *My experiences with dieting and how I discovered the Emergency Diet*

Part Two: Diet Present: *What the Emergency Diet is and why it works, including: "What Are the Health Benefits of This Method?", "How Does It Work?", "Sample Menus," "Sample Eating Schedules" and "How Much Weight Will I Lose?"*

Part Three: Diet Future: *How the Emergency Diet will work for you, including: "Why Quick Weight Loss?"*,

*"How Can I Speed Up My Loss Even Further?", "What Are the Potential Pitfalls I Should Watch Out For?", "How Can I Make This Diet Easier?" and "How Should I Begin?"*

For more information, visit **[www.mollieplayer.com](http://www.mollieplayer.com)**.

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#### **Clara Bearden:**

The Emergency Diet: The Somewhat Hard, Very Controversial, Totally Unheard Of and Fastest Possible Way to Lose Weight can be one of your beginner books that are good idea. We all recommend that straight away because this guide has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The article author giving his/her effort to place every word into joy arrangement in writing The Emergency Diet: The Somewhat Hard, Very Controversial, Totally Unheard Of and Fastest Possible Way to Lose Weight although doesn't forget the main place, giving the reader the hottest as well as based confirm resource data that maybe you can be considered one of it. This great information may drawn you into brand-new stage of crucial imagining.

#### **Robert Alcock:**

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offer you world inside ten or fifteen moment right but this e-book already do that. So , this really is good reading book. Heya Mr. and Mrs. hectic do you still doubt this?

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