



Diet Recovery 2: Restoring Mind and Metabolism from Dieting, Weight Loss, Exercise, and Healthy Food

Matt Stone

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Diet Recovery 2: Restoring Mind and Metabolism from Dieting, Weight Loss, Exercise, and Healthy Food is the ultimate guide to breaking free from the empty hunt for the perfect diet and the counterproductive pursuit of losing weight.

It's true, whether you are cutting carbs, or fats, or eating a vegetarian diet, or going Paleo, or eating a truckload of fiber - or even reducing your calorie intake... All of it has been proven ineffective in every weight loss study ever conducted. No matter what form of dietary restriction you impose upon yourself, your likelihood of not only regaining any weight lost in the initial 6-month diet honeymoon period, but actually ending up fatter than when you started, is a virtual guarantee.

Needless to say, if you are already viewing a page about an audiobook entitled *Diet Recovery 2*, you probably already know this and are looking to break free from repetitive dieting cycles and the obsessive habit of micromanaging the details of your diet-of-the-month. And that's what *Diet Recovery 2* is meant to help you accomplish, once and for all.

Don't you miss just being able to eat and not think about it? Be able to go out with friends or home for the holidays without worry and fear about what's going to be served as if having gluten or refined sugar is on par with a game of Russian Roulette?

When you are ready to let go, this can be your guide- vastly more freeing and probably more effective.

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Todd Lyons:

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