



# **Lose Weight Without Dieting: I lost 80 Pounds in 6 Months and I Was Not Even on a Diet**

*Lee Bryns*

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## **Lose Weight Without Dieting: I lost 80 Pounds in 6 Months and I Was Not Even on a Diet** Lee Bryns

I love dieting - said no one EVER! I've tried and failed virtually every traditional and new-fangled diet plan out there. But dieting, with thousands of rules and meal plans, just isn't for me. And yet I wanted so desperately to lose weight! Enter the "anti-diet" diet, which allows you to get slim without adhering to a structured dieting plan.

It allows you to break free from the strict dieting mentality so you can focus on your goal, instead of wasting your time counting calories, preparing elaborate diet recipes or scheduling special workouts.

There are other surefire ways to lose weight without those prescriptions and this is definitely one of them. In fact, my 80 Lb. weight loss is a testament to the success of this unconventional, yet practical plan. Read my story to learn all about the ultimate weight loss agenda that won't leave you hungry, angry or frustrated. This is the one diet you simply cannot fail!

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