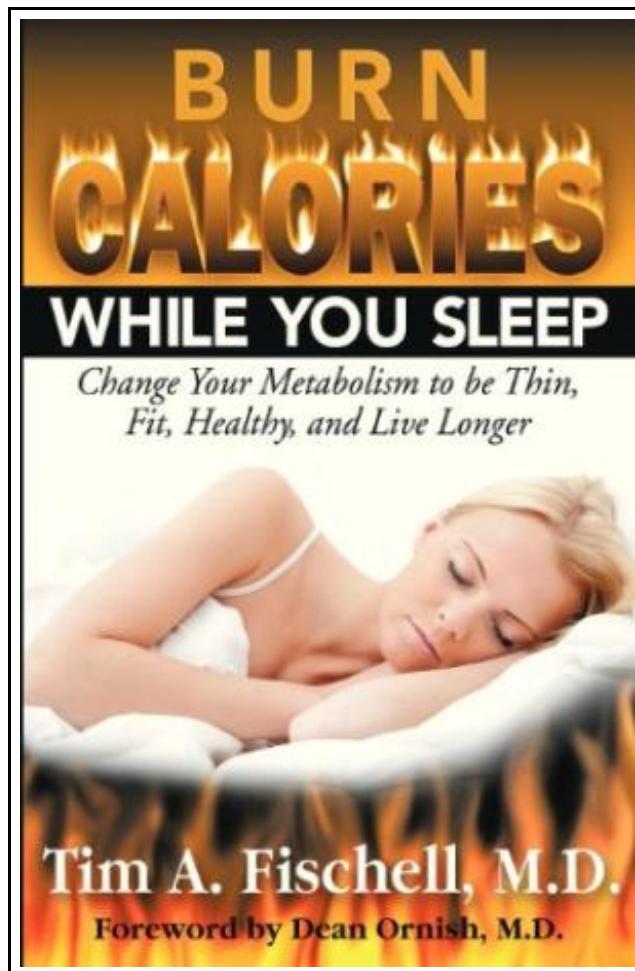


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Brighton Publishing LLC, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The obesity epidemic is here. We are inundated with statistics, news stories, TV shows, documentaries, magazine articles, books, and infomercials about this huge problem facing America and other developing countries-and for good reason. The problems related to overeating and under-metabolizing what we eat are enormous. Even though there are thousands of health books promoting fitness and weight loss, if we look around as we walk through the streets and the malls of America it's clear these books aren't resonating with people. More and more adults are becoming overweight and diabetic every day. Like most middle-aged adults, when I entered my 40s I began to experience weight gain and loss of fitness, despite my usual efforts to exercise. At the same time life became even crazier and busier for me with work, social, and family responsibilities. Time pressures forced me to begin a new approach to my fitness training and to my health. The Burn Calories While You Sleep approach was invented as a means to get thin and fit despite the huge time pressures in my life. I found that with this new approach to working out and the adoption of some new common sense rules for eating, I was able to lose substantial weight, getting back to my high school graduation weight-but twice as strong-at age 56. Once you've achieved your weight and fitness goals, the maintenance phase of this program allows an individual to maintain this high level of fitness while working out for only 35-40 minutes twice a week (plus some other tips and tricks that take little or no time out of your day). Why does the method in this book work? It...

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