



All Inclusive Diet: Finding Balance & Keeping the Weight Off

Kris J. Simpson

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Diets don't work. People can't keep the weight off.

Many invest billions of dollars into the weight-loss industry, but are not getting the pay-back in pounds that people are able to keep off. The programs don't work and never have, because they only focus on taking the weight off for now. They set many up for failure with rigid, restrictive and unrealistic weight loss programs that offer a quick fix, but let's face it, they aren't sustainable.

Enter Kris J. Simpson and his All Inclusive approach to keeping the weight off. *All Inclusive Diet* is about finding the balance and keeping the weight off. If you have taken weight off in the past only to put it back on again, *All Inclusive Diet* will teach you how to keep it off forever.

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