



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**.

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From reader reviews:

Nicole Oneal:

The book *The Emergency Diet: The Somewhat Hard, Very Controversial, Totally Unheard Of and Fastest Possible Way to Lose Weight* can give more knowledge and also the precise product information about everything you want. So why must we leave a very important thing like a book *The Emergency Diet: The Somewhat Hard, Very Controversial, Totally Unheard Of and Fastest Possible Way to Lose Weight*? A number of you have a different opinion about reserve. But one aim this book can give many information for us. It is absolutely proper. Right now, try to closer together with your book. Knowledge or details that you take for that, it is possible to give for each other; it is possible to share all of these. Book *The Emergency Diet: The Somewhat Hard, Very Controversial, Totally Unheard Of and Fastest Possible Way to Lose Weight* has simple shape nevertheless, you know: it has great and massive function for you. You can search the enormous world by open and read a reserve. So it is very wonderful.

Michael Mazzariello:

Are you kind of stressful person, only have 10 as well as 15 minute in your day to upgrading your mind talent or thinking skill also analytical thinking? Then you are experiencing problem with the book compared to can satisfy your limited time to read it because this all time you only find e-book that need more time to be read. *The Emergency Diet: The Somewhat Hard, Very Controversial, Totally Unheard Of and Fastest Possible Way to Lose Weight* can be your answer mainly because it can be read by you actually who have those short free time problems.

Keith Smith:

As we know that book is important thing to add our knowledge for everything. By a guide we can know everything we really wish for. A book is a group of written, printed, illustrated or even blank sheet. Every year has been exactly added. This book *The Emergency Diet: The Somewhat Hard, Very Controversial, Totally Unheard Of and Fastest Possible Way to Lose Weight* was filled with regards to science. Spend your spare time to add your knowledge about your scientific research competence. Some people has several feel when they reading a new book. If you know how big selling point of a book, you can experience enjoy to read a guide. In the modern era like now, many ways to get book that you just wanted.

Suzanne Cicero:

What is your hobby? Have you heard that will question when you got learners? We believe that that concern was given by teacher with their students. Many kinds of hobby, Every person has different hobby. And you also know that little person including reading or as reading become their hobby. You need to know that reading is very important and book as to be the matter. Book is important thing to include you knowledge, except your personal teacher or lecturer. You get good news or update about something by book. Many kinds of books that can you decide to try be your object. One of them is niagra *The Emergency Diet: The*

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