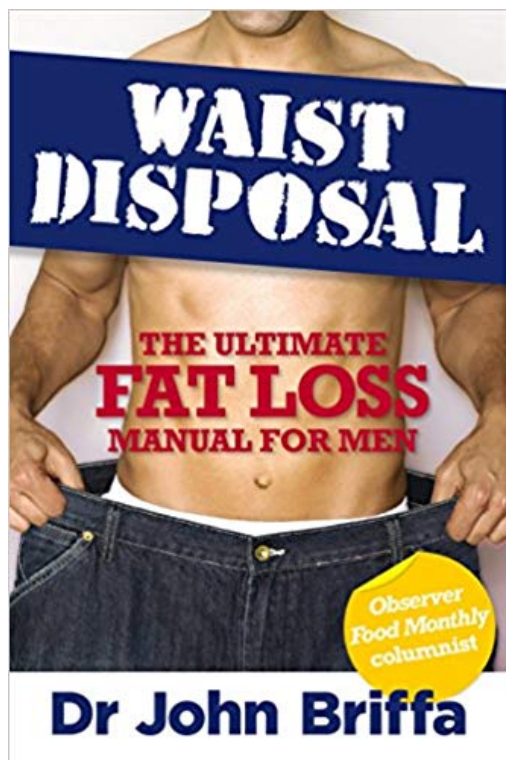


Waist Disposal: The Ultimate Fat Loss Manual for Men *by* John Briffa



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Are you carrying extra weight, especially around the middle, that you'd like to get rid of?

Are you confused by conflicting and contradictory weight-loss information?

Do you want to transform the look and feel of your body without having to turn your life upside down?

If so, ***Waist Disposal*** is the practical, easy-to-apply approach that will provide the long-lasting results you're looking for! **Dr. John Briffa** draws on hundreds of scientific studies to debunk popular myths about diet and exercise, and reveals the most effective way to lose fat and build an athletic physique.

Inside you'll discover:

- The foods that, regardless of calorie count, cause weight gain, and *those that don't*
- Why weight loss is not the goal—*fat loss* is
- Why *counting calories doesn't work*, and which foods *satisfy the appetite* best
- How to get *fit and toned* with just 12 minutes of exercise a day
- How to harness the *power of your mind* to accelerate your progress

A refreshing antidote to the bewildering mass of information on diet and fitness, **Waist Disposal** gives you all the tools you'll need to leave calorie-counting and strict regimes behind . . . and get the

body you've always wanted!



Reviews of the **Waist Disposal: The Ultimate Fat Loss Manual for Men** by John Briffa

Flower

What a great book. This British doctor explains how your body turns food into belly fat and how you can prevent it. I read this book about a year and a half ago and I dropped 30 pounds and I've kept it off. And it'll stay off because it's not just a fad diet but an easy life-changing way of choosing food that is satisfying. The heart of the book is cutting out carbohydrates and going back to a more primal diet. Dr. Briffa backs up what he writes with hundreds of medical studies which debunk a lot of what we've been taught about nutrition, heart disease, and dieting. The book is easy to read, clear and well organized, and there's even a section on recipes--although with some British names for vegetables.

RuTGamer

Definitely an eye opener. The main theme behind this book is eating right, and forgoing food that does not compliment your lifestyle. Bottom line is that no one diet is 100 percent correct for everyone because we are all different. The book advocates finding your own way but offers many valid pointers to achieve a better physique.

Jerinovir

There is a ton of information in this book, and very new information.

The greatest aspect of it though is the format of it, its conducive to being able to go back and reference the main points thanks the chapter summaries at the end of chapter as well as an overall summarization of the key points of the entire book.

This is always good to reference back to for forgotten information, and there was no need to fish around for the information you wanted to reference back to, it was very user friendly.

I would highly recommend this book to anyone trying to shed some fat.

Getaianne

Good information, without all of blah blah..... it worked for me

Cildorais

Well researched and absolutely works! Drop the sugar and carbs (including beer, fruit juice and drop the wine), eat just meat and vegetables and do some exercise. The gut will disappear. Mine has after just a few weeks.

Mr.Savik

Great book for Men

Steelraven

Information presented was useful from a scientific view point. For me, I found it interesting and useful, but a regular diet book

Quite simply, this is by far the best health/weight loss book for a man that I've read (and I've read a few!). The theory is both useful and interesting, and, more importantly, the food guidelines are practical and understandable. I recommend it to any man who struggles with weight loss. I'm not a physician or health care professional but my sense is that Dr Briffa's advice is consistent with what the nutritionists, who are really basing their advice on facts and not on conventional, are recommending.

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