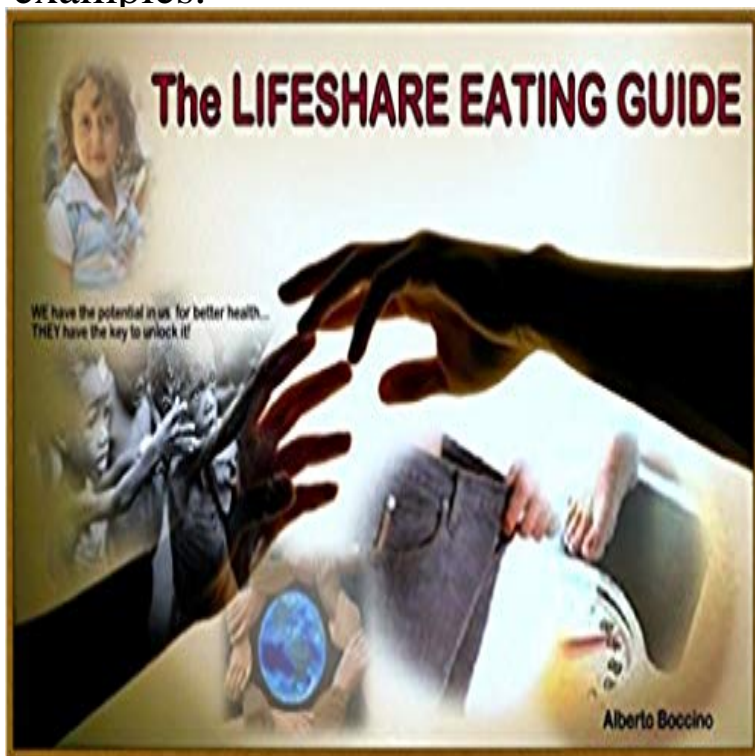


# The LIFESHARE EATING GUIDE: The common sense plan to weight loss, self control and a happier balanced lifestyle, using simple real life examples.



33 brief chapters that may cause you to reflect on your lifestyle! (85 Kindle Pages) AFTER 40 COLORFUL YEARS living in the exciting World of Food and Drink, I have listened to and witnessed many stories of failed diets. My restaurant customers would frequently take part in expensive and complicated diet programs that would normally begin with great success, but within a short time cracks would appear and the pounds would pile back on. On discovering a little known fact, namely that most diets are doomed to failure, I was intrigued to find out more. This curiosity was soon to develop into a passion, a passion that has driven me & my team to personally and publically try, test and share this totally natural Health Plan, with its spiritual foundations deeply rooted throughout history. The LIFESHARE EATING GUIDE is deliberately brief and down to earth and for anyone who believes that love of God and love of Neighbor cannot be separated. Based on age old spiritual principals and illustrated with simple real life examples for weight loss & to improve health in general, making it easy for almost anybody to follow, from the unhealthy overweight kid in the street, to the stressed out comfort eating highflier in the boardroom. So! Whether you are:

- an overweight teenager..?
- an obese adult..?
- an addict to unhealthy foods (or substances..?)
- frustrated because you have lost the motivation to diet..?
- fed up of trying to remember complicated calorie equations..?
- unable to afford the spiraling costs of many diets..?
- stuck in a rut because of a habit or compulsive routine..?
- feeling lonely in your seemingly hopeless journey..? ...USE THIS GUIDE AS YOUR MOTIVATIONAL TOOL! And if you have the desire to:
- motivate others by your example
- give your life a new meaning
- improve someone else's life

become more confident -  
control those unhealthy selfish desires  
- become an inspiration to a spouse,  
relative or friend - tackle  
loneliness by becoming part of an extended  
family - AND! do all of the  
above with NO FURTHER COSTS! ...then  
please read on and invite this Health Plan  
to TRANSFORM your LIFESTYLE with  
an injection of HOPE & PASSION! The  
L.E.G. is also a cheap, simple & powerful  
way of improving your Lifestyle and losing  
Excess Weight NATURALLY as it does  
NOT require the following: ~ PILLS,  
POWDERS, LIQUIDS OR SOLIDS ~  
COMPLICATED DIETING METHODS ~  
STRENUOUS EXERCISE ~ ONGOING  
PURCHASES ~ ADDITIONAL COSTS  
Both Depression and Arrogance often lead  
us to become more egocentric, selfish &  
indifferent towards other peoples problems  
& needs. SO! HOW CAN WE FIGHT  
BACK? By taking advantage  
of our basic Spiritual DNA blueprint,  
namely; DO GOOD, AVOID EVIL  
...because every single one of us possesses  
the basic God given instinct & duty to help  
someone in need. Fasting for someone less  
fortunate brings great rewards... for them &  
for us. As PHYSICAL progress is  
achieved, the PSYCHOLOGICAL &  
SPIRITUAL benefits soon follow, helping  
to reverse the downward spiral of Habit,  
Addiction and Disordered Desires. Eat,  
Drink & be Merry? The Less Fortunate  
How I became so  
passionate The Physical, Mental &  
Spiritual Power of Fasting The 3  
STEPS Nature Abhors a Vacuum Filling  
the Void Let God do the  
Heavy Lifting 3D is better than 2D - Why  
settle for less? Every  
Action Causes a Corresponding Reaction  
What Else Can Be  
Achieved? Dont Go with the  
Flow Practical Advice for Parents FAQ  
with suggestions & examples Ideas &  
Tips to Help You Succeed More Tips &  
Motivation A Teens Success A  
(very short)

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