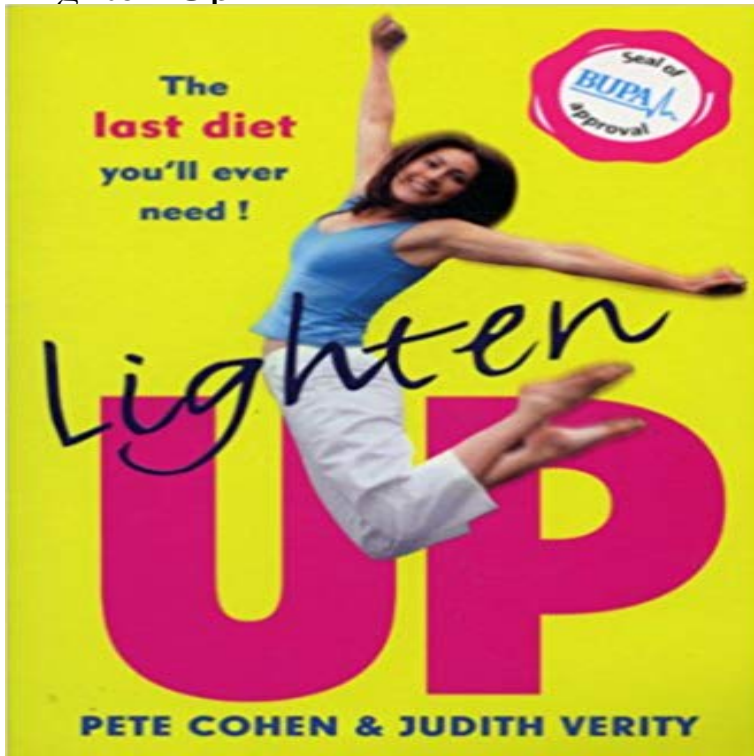


## Lighten Up



How many diets have you tried ? Five? Six? How many have worked forever? Chances are: None. Did you know that 85% of people who diet gain the weight again as soon as the diet is over? Did you know that most diet programmes have a long-term success rate of only 5-15%? Did you know that 80% of people who have followed that Lighten Up programme have achieved their ideal size and weight and, whats more a year later, theyve kept it! So the Lighten Up programme must be agony, correct? Absolutely not. By dealing honestly and sympathetically with your relationship with food, cutting out the obsessive calorie-counting and frantic workouts that make dieting so painful, learning a new way of eating and following this easy-to-follow, lifestyle-friendly programme, its simple to conquer the hold food has over you - and lose weight forever.

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