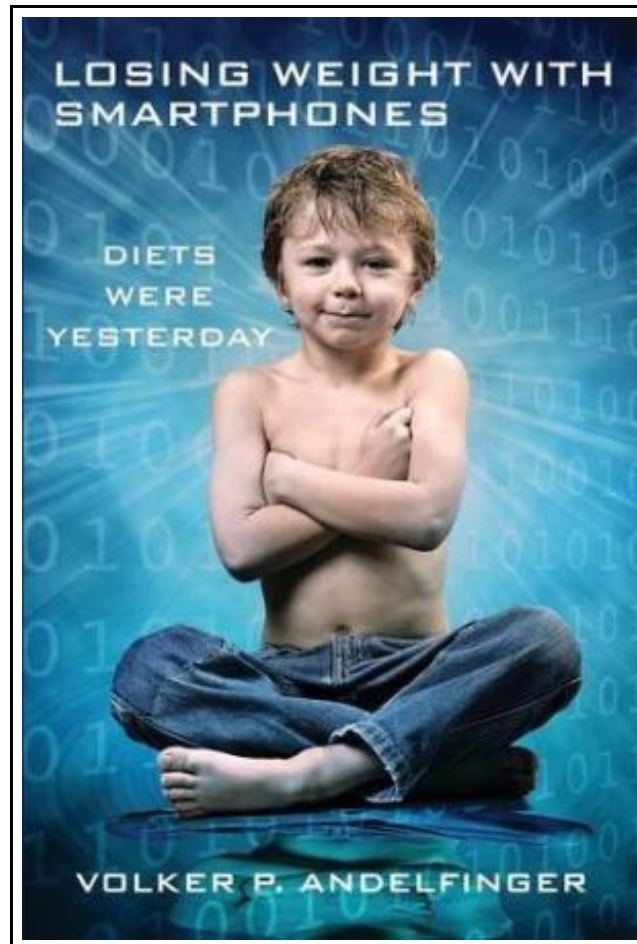


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America Star Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.With this new method, it is possible to have a healthy and sustainable weight loss without diet programs or medicines and dietary supplements. It combines the internet of things in the form of activity trackers, apps and smartphones. With a new awareness of your own body and the diet which performs as a biofeedback method, slowly, you can get to the right weight and be healthy. Losing Weight with the Smartphones does away with the various diet methods and explains why people get fat and why our current diet and our lack of exercise lead to obesity. Above all, it shows how people castigate without the long term goal of being healthy with a feel-good weight through the smartphone which serves as a biofeedback machine. This is a constant companion and helps to form a new permanent pattern of behavior. It must be dispensed with no food, no special recipes needed or cookbooks and the method works perfectly in normal everyday life, integrated in the family or with single people. The author was born in 1960 and works as a psychological counselor and coach, business consultant, lecturer, freelance journalist and book author. He lives in Palatine, Annweiler am Trifels. More information is available at.



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