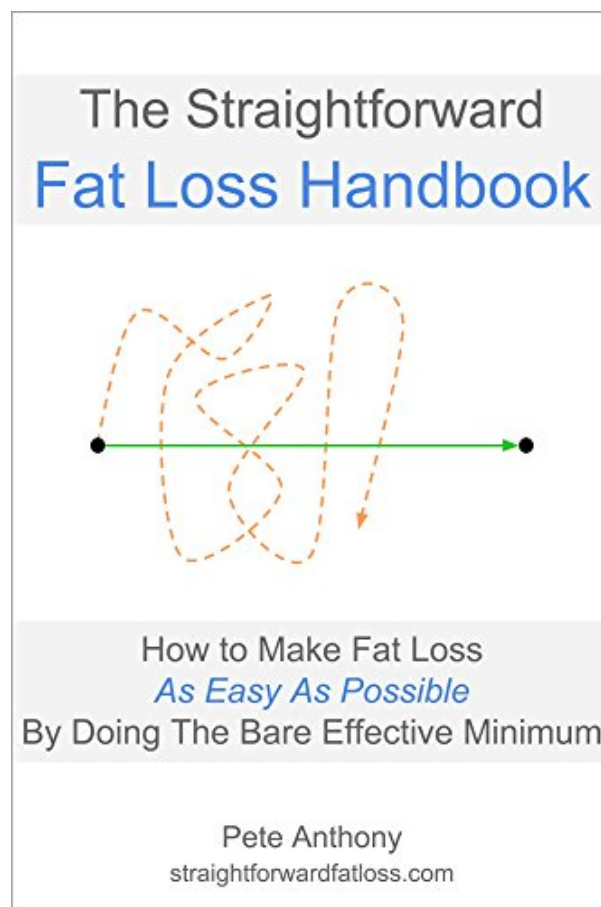


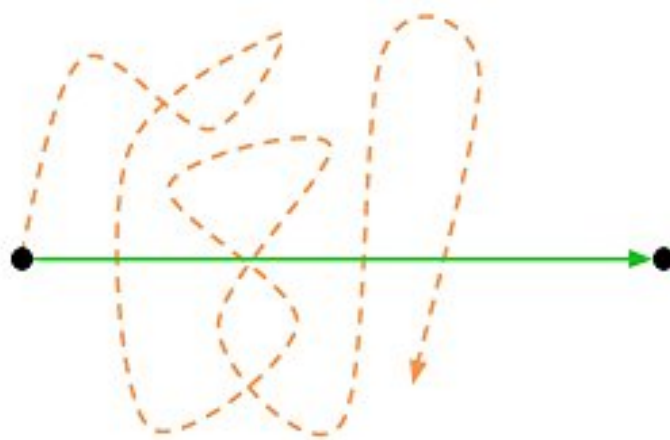
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How to Make Fat Loss
As Easy As Possible
By Doing The Bare Effective Minimum

Pete Anthony
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THE STRAIGHTFORWARD FAT LOSS HANDBOOK: HOW TO MAKE FAT LOSS AS EASY AS POSSIBLE BY DOING THE BARE EFFECTIVE MINIMUM BY PETE ANTHONY PDF

"What's the **best** way to lose fat?" It's the billion dollar health and fitness question that countless people ask, yet there's actually a very simple, and obvious, answer.

The best way to lose fat is the easiest way - the bare effective minimum effort.

And yet... the strange narrative that so many pundits and gurus continue to parrot is that one must, in utter contrast, adopt a whole new "health and fitness lifestyle" in order to actually get lean, healthy, and fit.

Though pervasive, it's a sentiment that's, quite frankly, totally wrong. For two main reasons:

- Most people just don't want to - or they simply can't - completely overhaul their lifestyle into one of "health and fitness."
- The amount of **actual** effort that it takes to lose fat is nowhere near the amount of effort that an entire new lifestyle would imply.

The "lifestyle," as it turns out anyway, usually ends up being nothing more than indiscriminately chosen flavor-of-the-moment health and fitness fads, vigorous yet fruitless wheel spinning, and perpetually getting nowhere. Sound familiar?

Status quo health and fitness culture has indeed become a bizarre beast, themed by inefficiency and ill-rewarded effort. It calls for us to completely define our lives by health and fitness, yet it perpetually fails to confer appreciable results for doing so.

Pete Anthony, once a frustrated wheel-spinner himself, eventually became dissatisfied with the status quo, and sought a contrarian regression back to pragmatism and commonsense efficiency.

His efforts have culminated into a one of a kind **anti** fitness blog, straightforwardfatloss.com, with a mission statement that calls to reject "the lifestyle": make fitness, in complete contrast, as easy as possible by doing the efficient bare effective minimum.

The message (unsurprisingly) caught on strong - the two year old blog now has 20,000+ monthly readers and over one hundred actionable articles. Pete's taken the best of the blog and synthesized it into The Straightforward Fat Loss Handbook (3rd edition), a concise step by step strategy manual on how to lose fat, the number one health and fitness goal, as easily as possible by utilizing the efficient bare effective minimum effort.

With it, you'll learn:

- Why, somehow, it's possible for both obesity rates and Big Health & Fitness profits to be hitting record highs at the same time, a simultaneous occurrence that, at face value, is flabbergasting.
- The major yet vastly underdiscussed problem that explains why so many people fail with their health and fitness efforts, and how to solve it and circumvent the noise.
- The decidedly clear scientific (and simple) truth about how fat loss actually works.
- That you do not need to follow complicated and restrictive diet rules to lose fat.
- That you do not need to endure an exhausting daily exercise regimen to lose fat.
- That you do not need to obsessively count calories to lose fat.
- That you do not need a "magic" fad diet or fitness program to lose fat.
- That you can actually eat whatever kinds of food you want, exercise as little as you want, and still lose fat, just as long as you use *enough* moderation.
- That fat loss, thus, is a lot easier than you probably think it is.
- How to create an efficient fat loss system, a top-down approach with which you only worry about doing what's *absolutely* necessary to progress, and, more importantly, you stop worrying about what isn't (and that's almost everything, in all honesty).

Losing fat and getting healthy and fit does not need to be an entire lifestyle, which has the underhanded implication that health and fitness is an elitist club reserved for a select few.

Contrarily, by rejecting the frivolous details and doubling down on what truly counts, people will find that losing fat and maintaining leanness can be rendered into an efficient system that anyone can do and seamlessly fit into their lifestyle. The Straightforward Fat Loss Handbook will teach you how to do exactly that.

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- Format: Kindle eBook

Most helpful customer reviews

1 of 1 people found the following review helpful.

A great relief

By Typetalk

I've been following Primal/Slow Carb for years in addition to maintaining a rigorous workout schedule every week. It has been super frustrating to be doing everything "right" but (as the author sympathizes) to see my fat loss ideal always just out of reach. It's especially torturous when you are lean but can't seem to break past the plateau despite following the advice of several fitness gurus. Within a week of experimenting with the techniques outlined in this book I began seeing reliable yet dramatic results. It's as simple as it gets so it feels relieving to finally find a solution that works. I only wish I had found it sooner!

1 of 1 people found the following review helpful.

Excellent science based approach to fat loss

By bytebreaker

Pete Anthony provides a very effective, science based approach to losing fat. He covers some important ground, dispatching with myths about fat loss and the actual peer reviewed science that is useful in understanding how to get lean. I've read dozens of books on nutrition and fitness; Pete's book is unique in providing a very practical path that can be used to reduce bodyfat without making yourself crazy.

No supplements or extreme workout are required. Kudos to Mr. Anthony for this excellent book that presents a very realistic formula for getting lean. Highly recommended.

0 of 0 people found the following review helpful.

Exactly what I was looking for

By Katherine Barton

I have been trying to lose weight successfully for a long time now. Through the process, I procured disordered eating habits that I needed to heal from first in order to try to lose weight again.

I will never again attempt to lose weight in a way that makes my life unenjoyable. Because it's a) crazy and b) because I know it's unnecessary!

This is a great ebook for outlining simple, sustainable ways to lose weight and how to implement them in a manner which you can stick to. As Pete has said himself, the ability to lose weight effectively and maintain leanness is an imperative skill for any human living in the 21st century to learn.

If you want a clear guide to learning to lose weight in a way that won't tax your sanity, read this ebook.

P. S. I gave this four out of five stars because there was too much repetition through the book and I felt it could have used another look through before publishing. That said, the redundancy did not take away from the valuable information I sought out from this ebook.

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