



Lean Habits For Lifelong Weight Loss: Mastering 4 Core Eating Behaviors to Stay Slim Forever

Georgie Fear

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Lean Habits isn't about quick-fixes, restrictive dieting or calorie-counting. The four staples of lean living are all about adjusting your relationship with food so you can eat what you want, when you want but with a smarter approach. Easy modifications like learning to sense when you are truly hungry and knowing the difference between satisfied and stuffed, will be your stepping-stones to a healthy life in which you don't have to stress about your diet. Millions of dieters are disillusioned by fad diets with celebrity endorsements but no basis in scientific reasoning. Georgie Fear is a registered dietitian and professional weight loss coach with research experience in nutritional science. Her approach is based on research and has been tested and proven on her clientele, including Olympic athletes and NCAA teams.

Simply put, Georgie's approach to weight loss is the only non-restrictive, customizable, flexible and effective system that works for life. You don't just learn the habits; you change the way you look at food forever. No more forbidden foods, tiny portions or liquid cleanses--just better awareness and life-long results.

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Leah Humphries:

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