



The Busy Executive Diet: How to Achieve Your Ideal Weight, Sharpen Your Brain and Balance Your Mind.

Gabriella Kindert

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What you'll find inside The Busy Executive Diet. Lose that excess weight and keep it off for good—even with your hectic lifestyle! Executives face extraordinary stress and challenges to maintaining a healthy weight and lifestyle. Frequent travel, dinner meetings, and high pressure jobs combine to create a difficult environment, both outside and inside the body, for sustaining healthy habits. Now an internationally successful financial executive who overcame these hurdles shares her secrets to:

- Lose the extra weight without having to buy expensive diet products or go to weekly meetings
- Regain energy and stamina
- Look younger
- Feel healthier
- Never have to diet again

The methods outlined in The Busy Executive Diet are proven ways of building better eating habits for sustained health that happen to also slim your waistline and give you a more youthful appearance. In addition to step by step advice and guidance, you'll also find a wealth of information about why it's been so difficult to lose weight and keep it off up until now. You'll also discover why the promises made by diets you've tried in the past were empty, and what you can do to avoid wasting time, money, and effort on unsustainable weight-loss schemes in the future. Instead, you'll learn how to replace those products with workable healthy habits that fit your lifestyle and work with your schedule, no matter how hectic. Stop the never-ending rollercoaster ride of weight loss and gain and instead find long-lasting health, vitality, and beauty through the power of making good food choices. It is all within your grasp!

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