

[PDF] Taking Up Space: A Guide To Escaping The Diet Maze

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Books Details:

Title: Taking Up Space: a Guide to E

Author:

Released: 0000-00-00

Language:

Pages: 37

ISBN:

ISBN13:

ASIN: B00C9VC90I



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Description:

"Can I get an "AMEN!"?! This is so simple, and makes so much sense! If you have to white-knuckle your way down to a weight and struggle miserably to maintain it, how is that "ideal"? About a month ago I found Go Kaleo, started tracking my food, upped my protein and calorie intake, and I've lost weight AND inches! All that weight training I've been doing is finally noticeable! But the miracle is that I'm not obsessed with food every day, I'm not fighting cravings and feeling hopeless, like if I lost my focus for one minute I'd blow it. I'm not afraid of food anymore! I feel like Go Kaleo has let me in on the "secret" to being healthy... You are changing lives." ~Denise

In a weight loss world where grueling 1200-calorie diets are the mainstream standard for weight loss, accompanied with long lists of evil foods to avoid, Amber Rogers, aka "Go Kaleo" is the voice of

reason.

Being healthy and finding your healthy weight simply doesn't work when it's hard. It works best when it's easy. Go Kaleo puts practicality and sustainability first - two concepts often completely eliminated from popular diets in pursuit of quick, albeit impermanent results.

While most recommend eating as little food as possible and doing as much exercise as one can bear, Taking Up Space advocates finding the MAXIMUM amount of calories and minimum number of paranoid restrictions that still gets results.

In the book, Go Kaleo talks about her incredible 80-pounds of slow, effortless, hunger and craving-free weight loss that never came back - all on a steady diet of 2800 calories a day with a few good workouts a week. No big cravings for carbs, meat, fat, or sweets - as these were things that she was eating in ample abundance every day.

After reaching a healthy goal, what did she do? She increased calories even more only to find that this allowed her to build toned muscle and shed more fat than ever before.

Taking Up Space also contains some passionate and important discourse on getting past the illusions created by fake tans and Photoshop, and realizing that what everyone is increasingly thinking are "flaws" are actually quite normal aspects of human physiology.

This book sets a new standard in approaching weight loss in a lasting way. It is the future of how better health and better bodies will be attained once the rest of the world realizes how counterproductive extreme approaches really are.

"...You can get better, you can get stronger, you can get healthier, you can be MORE. You can't restrict, reduce, eliminate your way to any of these things. Yes, you can lose weight, but there is a healthier, saner, more sustainable way to do it." ~Go Kaleo

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