

*Liza Durst*  
**Three Rules  
for a Slender Body**

*No Diet*

*No Special Equipment*

*No Gym*

*No Harm*

*No Weight Loss Pills*



# Liza Durst

## Three Rules of a Slender Body

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На английском языке.

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## Three Rules of a Slender Body

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I welcome you to this personal guide to a better body. I probably should start with saying praises of myself, trying to assure you of how great I am, and that I'm an amazing specialist in nutrition with a medical degree or that I have a sports Ph.D. People like big names and titles. Well I'm not. I am just a regular mom of three boys. I became fat and pregnant three times and three times I lost my weight quickly and easily.



How did I come up with these rules? I read a lot! I've been studying nutrition, bodybuilding, and physiology for a long time. I researched hundreds of different sources: books, articles, videos and most importantly I tried all that myself. Cumulating all this knowledge and experience, I created a new formula for success. I believe you will find these rules unusual but that's exactly what makes them so special.



Now let's talk about you. If you are reading this book you are probably not very happy with your body. Maybe beach season is coming and you've been thinking about getting a little slimmer, maybe your favorite jeans don't fit you anymore, maybe you just got tired of being uncomfortable in your own body. Well, whatever reason moves you, you should be proud of yourself. Being ready to change something is better than just sitting and complaining about your figure flaws. The first thing you need to do to change is to admit that you have extra body fat. Once you have, we can start.

I want to help you to get better and be a little bit more proud of yourself. I know how hard it is sometimes to find time for yourself, when you have kids, jobs and laundry to do. Stewing in a cauldron of everyday problems, not knowing how to slow down. I worked on this program trying to take into consideration all of the obstacles that modern people might have. I checked my conclusions, collected all the results and wrote them down, so other people could learn more about their bodies. The real pleasure for me was to watch the changes that these rules made in clients' lives. To follow these rules you don't need to go to a gym, you don't need any special equipment, you don't need slimming pills that will give you more side effects than any good result and you don't even need to get on a diet.

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