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The Four Rules

John Cooper

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A lot of people struggle to lose weight. I see people doing things that are unnecessary. I see people constantly reading books and trying out new stuff. If they do well, then it's only for a few months and then they gain weight again. Well, I've got some news for you. If you are one of those people, it's because you lack the fundamentals; the basics of the basics.

This little book is not aimed for your entertainment. You will not learn any magic pills. There is no such thing as a magic pill. I'm not going to bore you with 200 pages full of shit. You have plenty of choice to read those and pay 15 bucks for it. I'm going to be straight to the point. You will learn the core principles of losing weight in less than an hour. You will learn the truth. If you don't apply the rules in this book, you will never lose weight and maintain that weight.

See this book as a crash course 101. I'm not going to claim you will lose 100 pounds in one week, although that's theoretically possible if you learn the principles in this book, but that's not healthy. You are going to learn how to lose weight, the healthy way. You will learn how to lose weight and how to maintain that weight without gaining it all back. You will learn how to lose weight without getting hungry.

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From reader reviews:

Michael Proctor:

This book untitled The Four Rules to be one of several books that best seller in this year, honestly, that is because when you read this reserve you can get a lot of benefit into it. You will easily to buy that book in the book retailer or you can order it by way of online. The publisher of the book sells the e-book too. It makes you easier to read this book, because you can read this book in your Mobile phone. So there is no reason to you to past this guide from your list.

Mariano Smith:

Playing with family inside a park, coming to see the ocean world or hanging out with good friends is thing that usually you have done when you have spare time, then why you don't try issue that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love The Four Rules, you are able to enjoy both. It is very good combination right, you still want to miss it? What kind of hang-out type is it? Oh come on its mind hangout fellas. What? Still don't understand it, oh come on its called reading friends.

Ramon Jeter:

What is your hobby? Have you heard that question when you got pupils? We believe that that query was given by teacher to their students. Many kinds of hobby, Everyone has different hobby. And you also know that little person similar to reading or as reading become their hobby. You need to understand that reading is very important as well as book as to be the matter. Book is important thing to provide you knowledge, except your current teacher or lecturer. You will find good news or update in relation to something by book. Different categories of books that can you decide to try be your object. One of them is this The Four Rules.

Terry Tatum:

A lot of people said that they feel bored stiff when they reading a guide. They are directly felt that when they get a half regions of the book. You can choose the book The Four Rules to make your own personal reading is interesting. Your current skill of reading ability is developing when you similar to reading. Try to choose straightforward book to make you enjoy to see it and mingle the feeling about book and reading especially. It is to be very first opinion for you to like to start a book and learn it. Beside that the publication The Four Rules can to be your brand-new friend when you're feel alone and confuse with the information must you're doing of this time.

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