



Dear God Let Me Lose Fat, Amen

J. Paine, S. N. Gupta

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Review by New York Times best-selling author Ellen Tanner Marsh tells Readers why everyone needs this health bible to stay fit & fabulous “Dear God, Let me Lose Fat, Amen is a smart and innovative approach to learning about successful weight loss that everyone, regardless of their weight, can benefit from.”

“Reassuringly Credible, Astonishingly Innovative Approach to Successful Weight Loss”. Cornucopia of Alerts, Signals & Signs, cut through Diet Fads, Obsessive Food Tracking, Portion Sizes and Misunderstood Science”. “Best of all, Paine and Gupta’s suggestions and advice for achieving weight loss are surprisingly simple and fit into even the busiest and unmotivated of lifestyles.” “The authors’ clever book acts as a personal trainer and nutrition consultant who pays home visits through an innovative series of pinups that provide all the education and impetus a dieter needs.” “The book cuts through the diet fads, the obsessive tracking of foods and portion sizes, and the misunderstood science that makes up the bulk of today’s unsuccessful weight loss methods.” “And lest you think Paine and Gupta’s smart approach to weight loss focuses solely on what you should or shouldn’t eat, they also include easy-to-understand lessons on metabolism, fat cell function and many motivational issues that help you pinpoint whether you’re a ‘food-oholic’ or why you’re always hungry.”

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