



Asian Slim Secrets

By Linda Yo

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Author & certified weight consultant Linda Yo gained 25 pounds in 3 months when she moved from Asia to the U.S. She failed at every weight-loss method before finally getting results by returning to Asian eating habits. In this book reader will discover - How to enjoy food & stay slim naturally - Appetizers that soothe their hunger - How to enjoy meat and avoid the fat - Why eating salad won't make them slim - Healthy & delicious snack & dessert

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Editorial Review

From the Inside Flap

" I Enjoyed Food, Stay Full & yet I Lost Weight."

"I lost 9.6 lbs from Dec 12 to Jan 10.

People couldn't believe it.

They said "Nobody loses that kind of weight over the Christmas and New Year Holidays."

Yes you do if you follow

Linda Yo's weight loss method.

I enjoyed food, stay full and yet I lost weight."

~ Ken Blanchard,

co-author of One Minute Manager

(To date, Ken have lost more than 50 pounds)

"I Don't Have to be Hungry and Miserable...."

"I love the Asian Slim plan. It hits the mark for me in key areas.

First, I don't have to be hungry and miserable. I feel full and satisfied between meals. Second, I really prefer eating warm food to the cold food offered on most other food plans. Third, the portions are large even though the calories are low. Fourth, I'm not suffering cravings because there is a big variety of foods to choose from. Fifth, my husband can eat the same foods and he's happy too. Sixth, I'm consistently losing weight, week after week and starting to exercise. Seventh, it's very interesting to learn to prepare Asian foods. I thought Asian cooking was too complicated to even try, but it is much easier and faster than I imagined."

~ F. Barken, wife & assistant to Dr. Barken, San Diego

(To date, Mrs Barken have lost more than 100 pounds)

"Lost 25 Pounds & Never Feel Hungry"

"Hi Linda...Your plan was the only one that ever worked for me.

I've lost weight and I never feel hungry.

It's magical!! Thank you so much for sharing your secret!!"

~ Patty McCormick, Ventura, CA

"Your program is the gift that keeps on giving"

"Because of the way that you have taught me to eat, I am now no longer a slave to food. I can eat without guilt and enjoy what I eat"

knowing full well that I am now in control and not my appetite.

Because of you I look great and others have noticed my SLIM SELF. Again thank you for your SECRET."

~ Sandy Wallace, Las Vegas, Nevada

Users Review

From reader reviews:

Robert Hay:

The ability that you get from Asian Slim Secrets is a more deep you excavating the information that hide inside the words the more you get serious about reading it. It doesn't mean that this book is hard to know but Asian Slim Secrets giving you thrill feeling of reading. The article author conveys their point in certain way that can be understood by anyone who read the idea because the author of this publication is well-known enough. That book also makes your personal vocabulary increase well. Therefore it is easy to understand then can go along with you, both in printed or e-book style are available. We advise you for having this kind of Asian Slim Secrets instantly.

Richard Mills:

Hey guys, do you really wants to finds a new book to read? May be the book with the subject Asian Slim Secrets suitable to you? The actual book was written by famous writer in this era. The book untitled Asian Slim Secretsis the main of several books this everyone read now. That book was inspired a number of people in the world. When you read this guide you will enter the new shape that you ever know ahead of. The author explained their plan in the simple way, so all of people can easily to recognise the core of this book. This book will give you a large amount of information about this world now. So you can see the represented of the world on this book.

Rick Braden:

Reading can called thoughts hangout, why? Because if you find yourself reading a book specially book entitled Asian Slim Secrets your head will drift away trough every dimension, wandering in each aspect that maybe unknown for but surely will end up your mind friends. Imaging each word written in a e-book then become one application form conclusion and explanation that will maybe you never get prior to. The Asian Slim Secrets giving you another experience more than blown away your head but also giving you useful facts for your better life in this era. So now let us present to you the relaxing pattern here is your body and mind will be pleased when you are finished examining it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

Lawrence Wilson:

Asian Slim Secrets can be one of your starter books that are good idea. Most of us recommend that straight

away because this guide has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The article author giving his/her effort that will put every word into joy arrangement in writing Asian Slim Secrets although doesn't forget the main stage, giving the reader the hottest as well as based confirm resource info that maybe you can be considered one of it. This great information can draw you into new stage of crucial considering.

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