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# Run Yourself Skinny: Lose Weight Fast Without Dieting!

*Michael Thomas*

## **RUN YOURSELF SKINNY**

*Lose Weight Fast Without Dieting!*



## Synopsis

You're Only 6 Weeks Away From A Healthier Skinnier YOU!~ If you are like me, you HATE dieting. I just love my food too much, and fad diets are NOT the answer to serious weight loss. This book is all about burning calories, so you don't have to give up those delicious treats!~ Fact: I lost over 60 pounds using the techniques shown in this book...WITHOUT Dieting. In this book, I will discuss some tips and tricks of better food choices, but unlike restrictive diets, they are completely optional!~ ~ In this book, you will learn how to:Start and Maintain a Running Plan to Lose Weight WITHOUT Dieting! The Best Running "Gear" To Make Running Easier and More Enjoyable Motivation and Techniques to Keep Running How Far You Have To Run To Burn Off A Big Mac!

## Book Information

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## Customer Reviews

I was surprised by how much I got out of this book and it was a quick read which is even better. Like the author, I love to eat and know that I'm better off burning calories than restricting them. Lots of good advice throughout, a great starter running plan, and loved the calories burned per mile formula which I never knew before. Also a very interesting strategy and chart that shows fast food and junk

food calories along with the equivalent miles needed to run to burn it off. Great way to think of it...yes I CAN have that Big Mac, but need to run X miles to burn it off later. Great book for beginners and all those struggling to lose pounds by dieting.

Good info and a great motivational guide for people with extra weight on who have never been runners. For me personally, it didn't tell me anything new. However, being someone who lost 20kg, fifteen years ago basically using a similar approach, I would say the book (which is a very quick to read) could have a very positive impact for a lot of people who have struggled with weight loss and exercise.

I can relate to Mike's before..that is exactly where I am now. I see people who are running and always think of how I wish I was a runner. I appreciate the author's approach to a no nonsense book geared towards the beginner and not filled with "entertainment." He offered great tips and ideas and most of all gave me the motivation to get off my butt and just run. It's a great short read. Definitely recommend for the person who is ready to make a change and is in need of a little motivation.

If you are new to running this may provide you with some help and I'd give it 3 stars for that. Seems to be just basic running ideas ( clothing, basic nutrition,etc.) lined up in 10 chapters. Some of the quotes are a bit inspirational but the title is totally misleading.

Run yourself skinny is a very motivating book. No frills. No fluff. He tells you the meat of what you need to get off your butt and just do it! I've read other books on running that were much longer with lots of interesting information. But this is the first book that said just enough in the right way that made me feel I could actually do it. He even included good information on safety, posture and comfort. Very good quick read. Worth every penny!

I am already running 5K's and was looking for more weight loss information. This book was mostly on how to go from being sedentary to being able to run. It definitely should have said something on the cover that let readers know it was for beginner runners. There were a few things in there, but mostly stuff I already knew.

I found this book to be very easy reading and informative for those of us that don't or haven't taken running seriously. The simple training plan was great. Something not too complicated or hard for a

beginner to help get into the running habit. I plan to read Mike's other books as well and take my running to the next level.

Great way to get started running. This is absolutely for beginners. I started running in March, 2013 and wish I had it then. I would have avoided a lot of mistakes starting out. The instruction is basic and clear so that you can rate your progress, make good advancement without the setbacks I experienced. The authors experiences are helpful and temper your expectations but keep you goal oriented with running. I would recommend it to anyone.

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