

The book was found

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

File Size: 877 KB

Print Length: 44 pages

Simultaneous Device Usage: Unlimited

Publication Date: December 21, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B00AS0UUCU

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #3,078 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #1 in Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #2 in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Health, Fitness & Dieting

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.

[Download to continue reading...](#)

Lose Weight Without Dieting or Exercise Cookbook: How to Lose Weight Without Dieting or Exercise and Never Be Fat Again Weight Loss Cookbook Run Yourself Skinny: Lose Weight Fast Without Dieting! Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Superfood Cookbook: Fast and Easy Chickpea Soup, Salad, Casserole, Slow Cooker and Skillet Recipes to Help You Lose Weight Without Dieting: Healthy Cooking for Weight Loss (Eating on a Budget Book 1) Superfood Cookbook: Fast and Easy Soup, Salad, Casserole, Slow Cooker and Skillet Recipes to Help You Lose Weight Without Dieting: Healthy Cooking for Weight Loss (Cleanse and Detox Book 1) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) IIFYM: If it Fits Your Macros: The Ultimate Beginner's Guide (Flexible Dieting, Macro Based Dieting, For Weight Loss Book 1) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Works) How to Lose Weight Fast: 100 Dieting, Cooking, and Fitness Tips Power Vegetarian Cooking: Healthy High Protein Recipes with Quinoa, Buckwheat, Beans and Legumes: Health and Fitness Books (Slimming Superfood Cookbook to Help You Lose Weight Without Dieting 1) Power Vegetarian Cooking: Healthy High Protein Recipes with Quinoa, Buckwheat, Beans and Legumes: Health and Fitness Books (Slimming Superfood Cookbook to Help You Lose Weight Without Dieting) Foodist: Using Real Food and Real Science to Lose Weight Without Dieting The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie (2013) Paperback Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Daniel Fast: 50 Plant Based, Whole Foods

Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) Weight Loss:Tired of looking for what to eat to lose weight? Here is an answer!A 31 Day Guide To Stay Healthy And In Perfect Form.Quick & Easy Recipes, Health, Fitness & Dieting Kindle Thyroid Diet: A Guide For Using The Thyroid Diet to Manage Thyroid Symptoms, Increase Metabolism and Lose Weight (dieting, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet,No carbs diet,Low Carbs food list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)