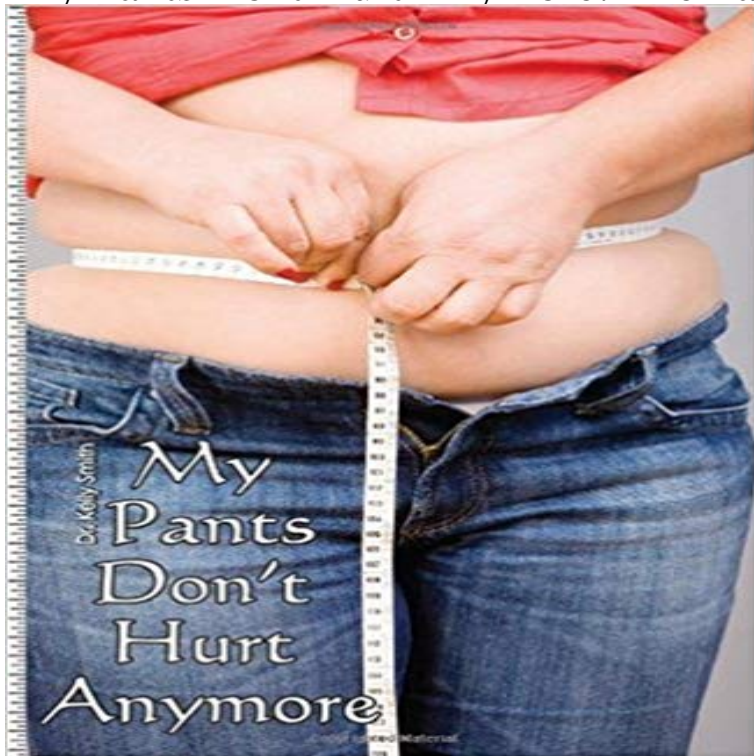


My Pants Dont Hurt Anymore: The Fast Diet



This book was never intended to be published. I had a simple idea on how to lose weight quickly and relatively easily. I also thought that I could accomplish this goal without exercising, measuring, or limiting the volume of food I ate. I had a plan, it was a simple experiment that was to last for a total of 2 weeks. I had no weight loss goal in mind, no lifestyle changes planned, just a couple of simple theories about weight loss. My results far exceeded my expectations. I had others try my plan with the same results. Because of the fantastic success that myself and others have had, My Pants Dont Hurt Anymore was published.

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