



# How to Lose Weight in Your Sleep: Easy No Diet Weight Loss Secrets to Be at Your Dream Weight

*Dante Spencer MA*

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## **How to Lose Weight in Your Sleep: Easy No Diet Weight Loss Secrets to Be at Your Dream Weight**

Dante Spencer MA

"Dante Spencer is one of the healthiest people I know. He has an abundance of experience in healthy eating that focuses on nourishment, rather than restricting. Dante is like a one-man support system for people who are pursuing a healthy lifestyle. You'll be inspired by what Dante has to share with you."

**-Paula Abdul, singer, dancer, actress, TV personality**

"I asked Dante what he does to always keep his best body. This book is his answer."

**-Gerard Butler, actor, 300**

This book is not about a diet, it's about a permanent lifestyle change. This book is the result of well over 10,000 hours of working hard, studying, researching, experimenting, and applying to finally know what works and what doesn't work.

You'll find everything you've always wanted to know about the metabolism and ways to speed it up in order to burn fat in your sleep.

It contains all you'll ever need to know about food in order to have the body of your dreams without having to deprive yourself in any way. The author gives a specific *Dream Weight Formula* that gives you the exact amount of food you should be eating in order to get to your dream weight.

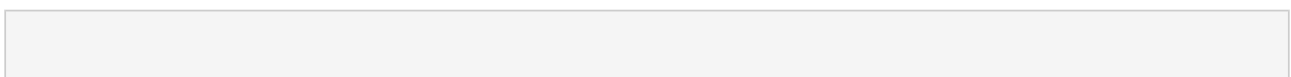
The book shows you the bare minimum amount of exercise you should do to effectively burn fat in your sleep. You'll also find pictures of the different exercises and a link to a video of the author showing you how to do his *3-Day Soup Can Workout* - a simple workout routine that you can do at home - and much more on the misconceptions about exercising.

It has an unprecedented psychology part that will help you identify and deal with any misunderstandings or irrational beliefs you may have that could have been keeping you from losing weight this whole time, as well as a detailed explanation of what you should do right before you go to bed to lose weight in your sleep.

Finally the book specifically shows you the importance of detoxing your body in order to flush out the harmful toxins that could be slowing down your metabolism and ultimately slowing down your weight loss.

In addition, the author gives detailed *Meal Plans* (home prepared & on-the-go for both women and men) which are specific 7-day meal plan menus in order for you to be at your dream weight, even if you had to eat fast food all day. Also included is a calorie guide for virtually every food.

By reading and implementing what's in this book, you're going to put your body in a situation where it actually burns its own fat in your sleep... while you're dreaming away.



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#### **Joseph Davis:**

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#### **Robert Cox:**

In this age globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The healthiness of the world makes the information simpler to share. You can find a lot of personal references to get information example: internet, paper, book, and soon. You can observe that now, a lot of publisher which print many kinds of book. The book that recommended to you is How to Lose Weight in Your Sleep: Easy No Diet Weight Loss Secrets to Be at Your Dream Weight this reserve consist a lot of the information on the condition of this world now. That book was represented how can the world has grown up. The dialect styles that writer use to explain it is easy to understand. Often the writer made some study when he makes this book. That is why this book ideal all of

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