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JACKIE WICKS
FOUNDER OF **PEER**trainer

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Jackie Wicks



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The Cheat System Diet Jackie Wicks, 2014-05-06 Who doesn't love to cheat Finally a successful weight loss program that allows you to eat that cupcake and still lose weight PEERtrainer is a wildly successful online weight loss network with over 250 000 active email subscribers and nearly a million unique visitors a month Surrounding the peer support network is a content library of cutting edge diet nutrition exercise and weight loss information For years followers and weight loss professionals have asked for a PEERtrainer diet book based on PEERtrainer's best information and tools The Cheat System Diet is that book It will help readers lose those hardest 10 pounds easy and fast The diet is founded on three pillars High Nutrient Eating Energy and Portions achieved in an easy binary framework Cheats and Eats Cheats are essentially empty calories and Eats are nutrient dense foods You start with a certain number of cheats a day and earn more by making especially healthy choices like having a big salad before dinner The Super Cheat System also revolutionizes how dieters think about nutrient dense eating PEERtrainer's Super Nutrient Index accounts for the amount of protein good fats and other performance nutrients in each food which will allow dieters to incorporate super foods like high quality proteins into their nutrient dense eating This supportive easy to follow approach allows you to eat well lose weight and enjoy those guilty pleasures

Whispering the Techniques of Language: An Psychological Journey through **Cheat System Diet The By Jackie Wicks 2014 Hardcover**

In a digitally-driven earth wherever monitors reign great and quick conversation drowns out the subtleties of language, the profound techniques and emotional subtleties hidden within phrases frequently go unheard. Yet, nestled within the pages of **Cheat System Diet The By Jackie Wicks 2014 Hardcover** a captivating literary value pulsating with raw feelings, lies an exceptional quest waiting to be undertaken. Composed by a talented wordsmith, this wonderful opus encourages readers on an introspective journey, softly unraveling the veiled truths and profound influence resonating within the very material of every word. Within the psychological depths with this moving evaluation, we will embark upon a honest exploration of the book is primary themes, dissect its interesting writing type, and yield to the effective resonance it evokes deep within the recesses of readers hearts.

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