



The Truth About Weight Loss: A Beginner's Guide to Cutting through the Fluff & Finding a Sustainable Weight Loss Solution

By Nate Miyaki

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Say Sayonara to Excess Fat

You are fed up, have drawn a line in the sand, and have decided it's finally time to lose the fat for good this time. But you wonder...is there a more effective, efficient, and sustainable approach that can help you succeed with your weight loss efforts? Do you really need to eat low carb? Do you really need to eat five or six times a day? Do you really need those punishing boot camp workouts you see on TV?

The Diet Industry is Full of Crap

The fitness industry uses heavy marketing to make you feel like you always need something new, cutting edge, mysterious, or tricky to get results. And because we are constantly chasing the magic pill, it is easy for us to get caught up in that hype. But did you know that the success rates of most weight loss plans are only in the 2-20% range? If you want to lose weight (and keep it off long term), you've got to ditch the fads and go to the plan that's been proven to work, time and time again.

The Secret of Fat Loss in the Real World

That's where Nate Miyaki comes in. Trainer of professional bodybuilders and average Joe's alike, Miyaki lays all the fat loss truth on the line in his latest book, *The Truth About Weight Loss*. Stop looking for the next best thing. Stop getting confused by magic pills and new trends geared solely towards making sales, and start focusing on what it really takes to achieve your goals. Miyaki cuts through the diet industry dogma and lays out a simple, step-by-step plan that's easy to follow and gets real world results. Learn to make fat loss work for your lifestyle and achieve your lean dreams, for good.

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Editorial Review

About the Author

Nate Miyaki is an author, athlete, and public speaker. He has been featured in The Huffington Post, Men's Fitness, Men's Health, Shape, Muscle & Fitness, and Livestrong.

He speaks for corporate wellness programs, at health and fitness seminars, and consults privately with clients, ranging from pro athletes to busy professionals and entrepreneurs. He maintains a fitness, philosophy, and motivational blog at: natemiyaki.com

He was born and raised in the San Francisco Bay Area and graduated from the University of California, Berkeley.

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