



## The 80:20 Diet

*Michael Littlewood*

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## **The 80:20 Diet** Michael Littlewood

The 80:20 Diet will change your life! This book demonstrates that roughly 20% change to your diet will deliver 80% of the results and will actually deliver amazing changes to your life.

The 80:20 rule states that roughly 20% of the time spent on a task or goal leads to 80% of the results. This principle was identified by Vilfredo Pareto in the early part of the last century and is also known as the Pareto Principle.

The 80:20 Diet demonstrates that roughly 20% change to your diet will deliver 80% of the results and will actually deliver amazing changes to your life. So by focussing your efforts on the crucial 20% changes, your weight loss will be achieved with just 20% of the effort. You do less and achieve more!

This book includes not only a complete easy program to help you lose weight but clear, well informed advice to assist in health improvement, all with just roughly 20% effort for great results.

It works because these 20% changes are in the key most effective areas of weight loss and health improvement, they are simple, quick to follow and they will fit into any lifestyle.

Quickly these changes become normal to you, they become your habit and you will not see yourself as being on a diet.

The 80:20 Diet is for people who don't want to fast, starve themselves, feel constantly hungry, spend all day exercising, counting calories or obsessing about food, it's for people who love life and want to get on with it!

The 80:20 Diet contains full supporting information for meat eaters and vegetarians, alternatives are also listed for those on special diets.

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