



The Four Rules

John Cooper

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A lot of people struggle to lose weight. I see people doing things that are unnecessary. I see people constantly reading books and trying out new stuff. If they do well, then it's only for a few months and then they gain weight again. Well, I've got some news for you. If you are one of those people, it's because you lack the fundamentals; the basics of the basics.

This little book is not aimed for your entertainment. You will not learn any magic pills. There is no such thing as a magic pill. I'm not going to bore you with 200 pages full of shit. You have plenty of choice to read those and pay 15 bucks for it. I'm going to be straight to the point. You will learn the core principles of losing weight in less than an hour. You will learn the truth. If you don't apply the rules in this book, you will never lose weight and maintain that weight.

See this book as a crash course 101. I'm not going to claim you will lose 100 pounds in one week, although that's theoretically possible if you learn the principles in this book, but that's not healthy. You are going to learn how to lose weight, the healthy way. You will learn how to lose weight and how to maintain that weight without gaining it all back. You will learn how to lose weight without getting hungry.

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Rodney Hussey:

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Jackie Armstrong:

What is your hobby? Have you heard that question when you got students? We believe that that query was given by teacher for their students. Many kinds of hobby, Everybody has different hobby. So you know that little person such as reading or as reading through become their hobby. You have to know that reading is very important and book as to be the thing. Book is important thing to increase you knowledge, except your own teacher or lecturer. You will find good news or update with regards to something by book. Different categories of books that can you choose to use be your object. One of them is this The Four Rules.

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