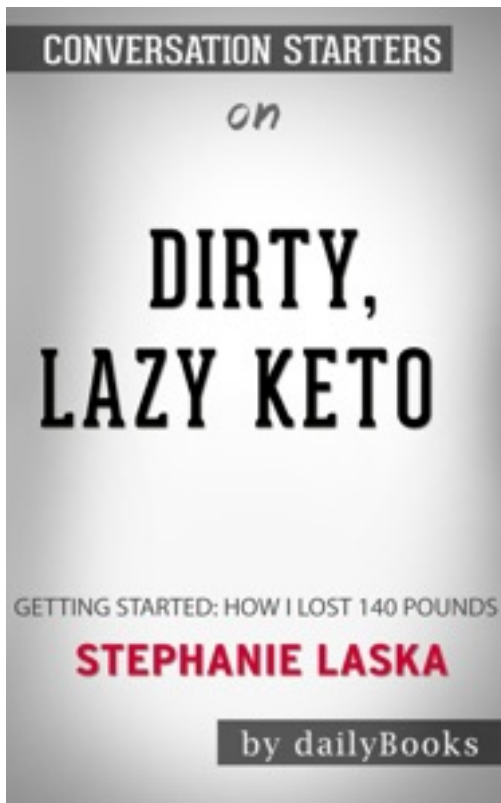


# Dirty, Lazy, Keto: Getting Started: How I Lost 140 Pounds By Stephanie Laska: Conversation Starters Download Online eBook Daily Books Download Ebooks [EN] PDF, EPub, Mobi



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Stephanie Laska was a size 26 and weighed almost 300 pounds. Classified as obese III on the BMI scale, she couldn't find clothes that have her size. Seatbelts didn't fit her either. Her diets didn't work and was about to give up dieting altogether when she came across the keto diet. "In my opinion, there are way too many rules and expectations about eating a high-fat diet, a no sugar diet, high protein diet, NSNG or even intermittent fasting. It's all too confusing and overwhelming." Her experience proved that she was able to enter ketosis, the "fat burning", stage, without having to strictly follow the rule book.

Dirty, Lazy Keto is an Amazon #1 bestseller in the diet, nutrition, and self-help categories.

## A Brief Look Inside:

EVERY GOOD BOOK CONTAINS A WORLD FAR DEEPER than the surface of its pages. The characters and their world come alive, and the characters and its world still live on. *Conversation Starters* is peppered with questions designed to bring us beneath the surface of the page and invite us into the world that lives on.

## These questions can be used to create hours of conversation:

- **Foster** a deeper understanding of the book
- **Promote** an atmosphere of discussion for groups
- **Assist** in the study of the book, either individually or corporately
- **Explore** unseen realms of the book as never seen before

**Disclaimer:** This book you are about to enjoy is an independent resource to supplement the original

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