



**Think Like a Picky Eater... and Never Diet Again.:
The best way to lose weight is forgetting about food
altogether.**

Alba Alamillo

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Aren't you sick and tired of dieting and struggling with the foods you love? That's what this book is about. Ending the love-hate relationship you have with food. The moment you stop loving food the way you do, it will lose part of its appeal. That's exactly what picky eaters do: They eat whatever they want because they are not obsessed. Think like a picky eater and you will become one. You won't need to worry about overeating and dieting again.

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