



Make Shift Happen: Change How You Look by Changing How You Think

Dean Dwyer

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Being vegetarian for nineteen years and working out intensely four to five days per week was supposed to yield results. However, the "bagel" of fat that Dean Dwyer clutched with both hands told a very different tale.

At the ripe old age of 45, unemployed and facing a very uncertain future, Dwyer found himself at a rather disturbing crossroads, asking a rather counterintuitive question:

"What if eating healthy is making me fat?"

And with that one simple question, a paradigm shift like no other was unleashed. Suddenly, nothing was sacred ground. Everything was open for debate.

- Is cardio important? Hell, is it even necessary?
Is diet and exercise secondary to the battle with our personal demons?
Is it possible that most of us are over-CARB-onating ourselves with the crappy food we eat?
Would we be healthier with NO grains in our diet whatsoever?
Could we lose fat by eating more fat?

In an honest and at times humorous portrayal of his own personal journey, Dwyer takes us on a coming-of-age tale about weight loss and it's intersection with truth. What he discovers leads to an evolution of 12 EPIC shifts that resulted in an incredible body, mind, and soul transformation.

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George Pinard:

The book untitled Make Shift Happen: Change How You Look by Changing How You Think is the publication that recommended to you to see. You can see the quality of the guide content that will be shown to an individual. The language that author use to explained their ideas are easily to understand. The author was did a lot of investigation when write the book, therefore the information that they share for you is absolutely accurate. You also could possibly get the e-book of Make Shift Happen: Change How You Look by Changing How You Think from the publisher to make you much more enjoy free time.

Richard Oneal:

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