



# **The Eat What You Want Diet, aka The Shrink (Shrink And Walk Diet) - How I Lost 42 Pounds In 84 Days By Shrinking My Appetite and Walking**

*Gary Charles Metz*

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Self-described 52-year-old "Everyman" Gary Charles Metz had experienced numerous dieting successes and failures throughout his adult life. Little did he know that the one he made up for himself would be the most effective one, and inspire him to write his first book. In this pleausrably brief, engaging account, Metz shares his simple, common-sense method for weight loss.

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