



# **The 100: Count Only Sugar Calories and Lose Up to 18 Lbs. in 2 Weeks**

*Jorge Cruise*

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[Read by Fred Berman]

Be a part of the diet revolution and change your relationship with calories forever. -- *The 100* will free you from counting calories and points and constantly trying to eat less with the conclusive truth: all calories are not created equal. America's favorite diet and fitness expert, Jorge Cruise, has been working to uncover the latest advances in dietary science, and now the newest science confirms that sugar calories are the only calories you'll need to keep track of on this simple, fast, and guilt-free weight-loss plan. Enjoy unlimited amounts of delicious and healthy no-count calories and still eat the foods you love. Learn the right foods to eat without ever feeling hungry on a plan that is so easy to incorporate and maintain that you can finally put an end to the vicious cycle of dieting.

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