

## Do What Works



I just don't take this stuff that seriously as some people would like, never have, never will.

The truth of the matter is I'm in fantastic shape for the amount of effort I put in.

And lot of my time is wasted, because it is mine to waste.

My goal is to live an untroubled life. I sometimes forget this and let the complication seep in, but for me, the writing of [Eat Stop Eat](#) perfectly exemplifies my approach.

Do what works, not WHATEVER IT TAKES

I don't do WHATEVER IT TAKES, not even close.

I do what works, in a way that is as uncomplicated as possible.

Because I have other things I want to waste my time on besides complicated nutritional theories about why we should eat a certain two.

What is good in life should be easy to get, and for me [Eat Stop Eat](#) is easy to get.

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