Dear Reader: Thank you for downloading this free book from Brian W. Kelly. I finished the book titled Wine Diets.Com Presnts The Wine Diet

 $https://letsgopublish.com/publish/trump/winediet.pdf \ in \ March \ 2016 \ .$ Enjoy the wine.

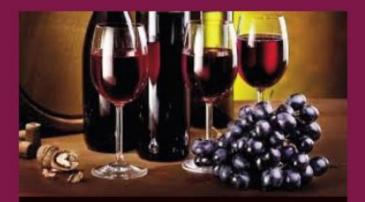
Most of my books had previously been published on Amazon.

Click below if you would like to donate to help the free book cause: https://www.letsgopublish.com/books/donate.pdf

Enjoy!

WineDiets.com Presents

D'he Wine Det



Includes three wine diets and an alcohol free grape juice diet that appeals to many

Brian W. Kelly

Wine Diets.Com

Presents:

The Wine Diet

3 wine diets & an alcohol free grape juice diet that appeals to many

For regular people who are not often distressed, dieting is the world's most stressful activity. Think about how tough your last diet was. Would you be reading this book if that last diet were 100% successful?

Finally, there is a stress-free diet that pretends that it expects that you will fail. While you are on this diet, it seems so long to get any results that you will be convinced that you are failing... all the while you are losing weight.

Brian Kelly is not only a wine diet client, he is also the author of this book and the creator of the famous WineDiets.Com website. His story is the story from which the wine diet was created. Why? Because it works.

If you have sworn off all forms of dieting, and you believe you cannot lose weight, this is the diet for you. Kelly was simply hoping not to gain so much weight that he would break the 400 pound barrier from his 343 pound high. He could not lose weight, yet when he started the wine diet, he really did not know he was on a diet. As only happens in Fairy Tales, the pounds came off a-plenty in due time—62 of them so far!

Brian W. Kelly



Copyright © 2015, Brian W. Kelly WineDiets.Com Presents the Wine Diet

All rights reserved: No part of this book may be reproduced or transmitted in any form, or by any means, electronic or mechanical, including photocopying, recording, scanning, faxing, or by any information storage and retrieval system, without permission from the publisher, LETS GO PUBLISH, in writing.

Editor: Brian P. Kelly

Author Brian W. Kelly

Disclaimer: Though judicious care was taken throughout the writing and the publication of this work that the information contained herein is accurate, there is no expressed or implied warranty that all information in this book is 100% correct. Therefore, neither LETS GO PUBLISH, nor the author accepts liability for any use of this work.

Trademarks: A number of products and names referenced in this book are trade names and trademarks of their respective companies.

Referenced Material: Standard Disclaimer: The information in this book has been obtained through personal and third party observations, interviews, and copious research. Where unique information has been provided or extracted from other sources, those sources are acknowledged within the text of the book itself or at the end of the chapter in the Sources Section. Thus, there are no formal footnotes nor is there a bibliography section. Any picture that does not have a source was taken from various sites on the Internet with no credit attached. If resource owners would like credit in the next printing, please email publisher.

Published by:	LETS GO PUBLISH!
	Brian P. Kelly
	info@letsgopublish.com
	www.letsgopublish.com

Library of Congress Copyright Information Pending Book Cover Design by Michele Thomas, Editor—Brian P. Kelly

ISBN Information: The International Standard Book Number (ISBN) is a unique machine-readable identification number, which marks any book unmistakably. The ISBN is the clear standard in the book industry. 159 countries and territories are officially ISBN members. The Official ISBN For this book is

978-0-9962454-3-2

The price for this work is:						\$ 14.00 USD			
10	9	8	7	6	5	4	3	2	1
Relea	se Date	:						Ma	arch 2016



Dedication

This book is dedicated to my immediate family.

My wife Pat makes everything work

My son, Brian has the gifts of goodness and

magic

My son, Michael has the gifts of love and humor and decisiveness

My daughter, Kathleen has the gift of sweetness and she shares her gift in wonderful song for all to enjoy

My family is always supportive of my efforts in everything. Thank you.

You are the most precious people in life.

I am the only one who must lose weight in the family!

This diet has really helped!

Acknowledgments:

I appreciate all the help that I received in putting this book together along with the 61 books from the past. www.letsgopublish.com

My printed acknowledgments were once so large that book readers needed to navigate too many pages to get to page one of the text.

To permit me more flexibility, I put my acknowledgment list online.

It continues to grow.

Believe it or not, it once cost about a dollar less to print each book. No kidding!

Thank you and God bless you all for your help.

Please check out www.letsgopublish.com to read the latest version of my heartfelt acknowledgments updated for this book.

Thank you all!

Preface:

For regular people who are not often distressed, dieting is the world's most stressful activity. Think about how tough your last diet was. Would you be reading this book if that last diet were 100% successful?

Finally, there is a stress-free diet that pretends that it expects that you will fail. While you are on this diet, it seems so long to get any results that you will be convinced that you are failing... all the while you are losing weight.

Brian Kelly is not only a wine diet client, he is also the author of this book and the creator of the famous WineDiets.Com website. His story is the story from which the wine diet was created. Why? Because it works!

If you have sworn off all forms of dieting, and you believe you cannot lose weight, this is the diet for you. Kelly was simply hoping not to gain so much weight that he would break the 400 pound barrier from his 343 pound high. He could not lose weight, yet when he started the wine diet, he really did not know he was on a diet and. As only happens in Fairy Tales, the pounds came off a-plenty in due time— 62 of them so far!

You are going to love this book because it is an effective way to lose weight and it is an entertaining read.

Few books are a must-read for the dieting public but WineDiets.Com's Wine Diet by Brian Kelly will quickly appear at the top of Americas most read easy to lose diet list. Enjoy!

Who is Brian W. Kelly?

Brian Kelly is one of the leading authors in America with this his 61st published book. He is an outspoken and eloquent expert on a variety of topics and has written over sixty books and several hundred articles. Most of his work highlights topics that either teach technology or they tell a story about technology. However, Kelly has a number of non-technical works to his credit. They have been well received.

Mr. Kelly has been writing books and articles for more than thirty years. As a child, Brian was overweight but in his high school and college years, he lost his baby fat and enjoyed baseball on his highs school and college teams. After graduation from college and a career with IBM, having a desk job most of his life, he gained a substantial amount of weight. He had added over 160 pounds to his weight before he discovered the wine diet.

Besides technical books and human interest books such as The Wine Diet, Brian also writes patriotic books. His last human interest book was Wilkes-Barre: Return to Glory! This is the story of his home town in Pennsylvania. His books are highlighted at www.letsgopublish.com. They are for sale at www.bookhawkers.com

Enjoy; lose some weight; and please tell others about your enjoyment!

The best!

Sincerely,

Brian P. Kelly, Editor in Chief

Table of Contents

Page

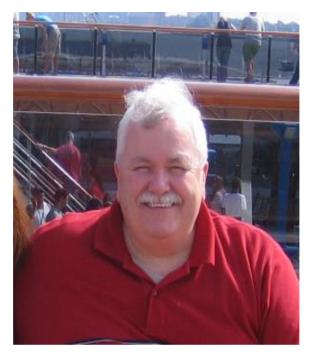
190

Chapter 1 The Wine Diet History 5 Chapter 2 Finally, a Medical Diet - Cardiologist's Diet 13 Solid Proof Red Wine Is Good for You? 19 Chapter 3 Chapter 4 Is Wine Toxic? 25 Chapter 5 Wine Diet Basics 31 Chapter 6 The Red Wine Diet 47 Chapter 7 71 The White Wine Diet Chapter 8 The Blush / Rose' Wine Diet 95 Chapter 9 The Red / Black Grape Juice Diet 119 Chapter 10 Red Wines Are My Favorites 147 Chapter 11 "Dago Red" The World's Best Wine 151 What if you do not like wine? Chapter 12 157 Chapter 13 Do You Suffer from Other Health Issues? 161 Chapter 15 Some Diets Do Not Work Well... If at All! 177 Chapter 16 We're All Suckers for a Great Steak! 181

Other fine books by Let's Go Publish!

Other Books

About the Author



Brian W. Kelly retired as an Assistant Professor in the Business Information Technology (BIT) program at Marywood University, where he also served as the IBM i and Midrange Systems technical advisor to the IT Faculty. Kelly designed, developed, and taught many college and professional courses. He continues as a contributing technical editor to a number of industry magazines, including "The Four Hundred" and "Four Hundred Guru," published by IT Jungle. You may be able to see from the picture that Brian is overweight; but he weighs lots less today after a few years on the Wine Diet!

Kelly is a former IBM Senior Systems Engineer. His specialty was problem solving for customers as well as implementing advanced operating systems and software on client machines. Brian is the author of 61 books and numerous magazine articles. He has been a frequent speaker at technical conferences throughout the United States.

Brian was a candidate for the US Congress from Pennsylvania in 2010 and he ran for Mayor in his home town in 2015. He has been more successful in losing weight than he has in being elected to public office.