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How to get good with money, even if you have no idea where to start. The Financial Diet is the personal finance book for people who don't care about personal finance.

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### **5 2 BASICS The 5 2 Diet Book**

The 5:2 diet involves restricting your calorie consumption to 25% of your energy (calorie) needs, two days a week, and eating normally the rest of the time. This means you're consuming less calories so you will lose weight.

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