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After 50 days on Limbo, I've lost more than 9 kg, the weight I've struggled to lose for 12 years. Clothes that still had labels on them, hanging in my wardrobe, have been worn. The Spanx have been relegated to the back of the wardrobe for now. I've changed how I eat and when.

Limbo: No calorie-counting, just gentle nudges into healthier eating habits

irishtimes : technology : 2024/08/17 : limbo-no-calorie-counti...

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Single-Player	Polled
Average	
Main Story	2.9K
Main + Extras	1.1K
Completionist	4h 19m
All PlayStyles	7h 14m
	359
	7h 14m
	4.3K
	4h 7m