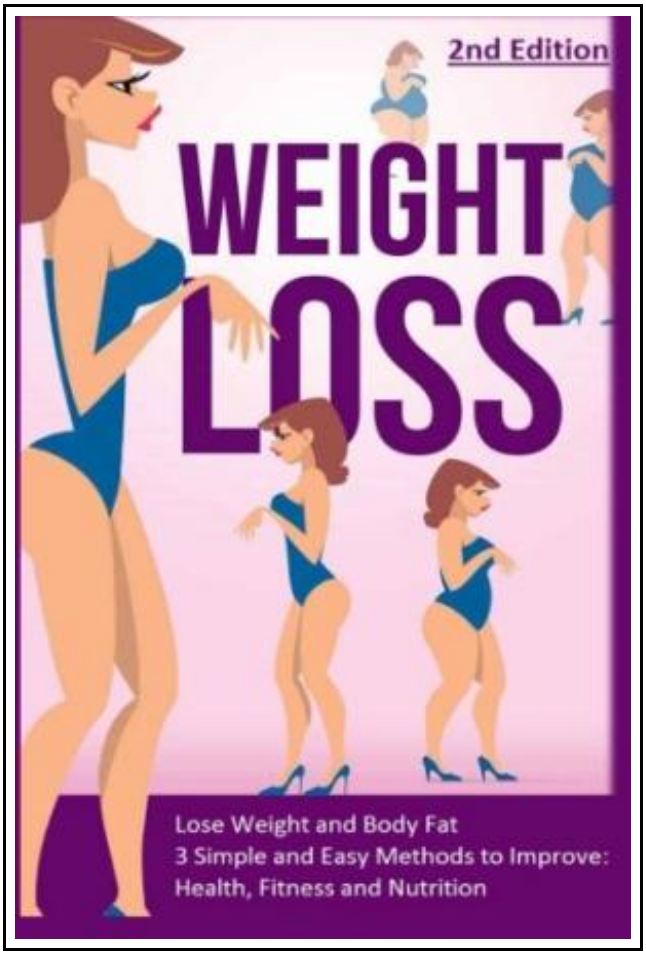
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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.ARE YOU SERIOUS ABOUT LOSING WEIGHT BUT DON T KNOW HOW TO START? THEN THIS BOOK IS FOR YOU! Many people are disillusioned about losing weight, either because they don t know what to do or they simply lack the motivation to do what needs to be done. The great news is that you only need to take 3 simple and proven steps to achieve that dream body. Yes, three! Have you had difficulty focusing on your weight loss goals and felt that it wasn t worth all the effort? Well, I know what you re feeling. But remember that any goal worth achieving requires time and effort. If you feel that you are ready to face this challenge, this book presents three straightforward steps that, when followed correctly, can help you have a leaner and healthier body for life! Now isn t that amazing? With just a few simple steps and a lot of discipline, this book will clearly and concisely detail everything you need to know and do to achieve your dream body. Here s what this book will teach you: How to develop the discipline necessary to lose weightHow to remain motivated throughout your weight loss journeyHow to make healthy food choicesThe best exercise regimen for youBonus activities for your body to keep burning fat Plus: Get to know a bonus method for boosting calorie burnIndulge in super tasty smoothies and soup recipes You get to learn all these and more when you grab your copy of this book. Get the amazing result you want in as easy as 1-2-3 simple and proven methods! Act now, and don t delay! DOWNLOAD YOUR...

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