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Weight Loss: Proven Hacks for Staying in Shape - Healthy Living, Fat Loss, Metabolism & Lose Weight (Paperback)

By Derek Johnson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.WEIGHT LOSS: Proven Hacks For Staying In Shape Do you want to lose weight? I bet you do! Do you want to be fit and healthy at the same time? I bet you do too! This book has been written to provide you with an overview on how to on how to lose weight fast, skyrocket fat loss and reshape your metabolism to sculpt your perfect body. You might already have your own fitness program that you are following, but you are still not achieving the results you desire. Or perhaps, you are just beginning a new healthy lifestyle and do not know where to start. Within the pages of this book, you ll find just the guidance you need. You ll find several programs to get yourself on track for weight loss. You must understand that the journey will not be easy, but the destination will be well worth it. Remember, if you keep a check on your weight, you are also helping your health long-term. That s always a good investment. Keeping our...



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