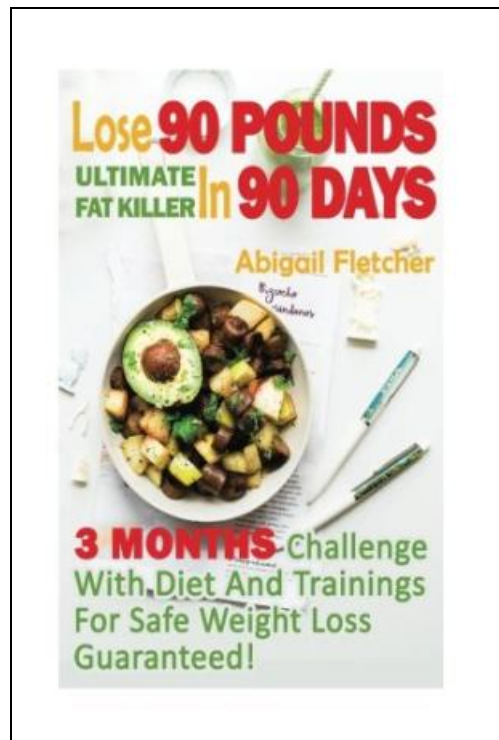


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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Lose 90 Pounds in 90 Days: Three Months Challenge With Diet And Trainings For Safe Weight Loss Guaranteed The time has come. You are tired of struggling with weight loss, and with weight loss plans that don t work. You are ready to get serious about your health and your happiness, and you are ready to make that change that will last a lifetime. You don t want to mess around with more fad diets, and you don t want to spend another day wishing you were the size you want to be, wearing the clothes you want to wear, and wishing you could feel good about how you look. You want results, and you want them now. But, weight loss is hard, and with a world that sends so many mixed messages, it s hard to know which plans are going to work, and which will leave you feeling stuck and frustrated all over again. That s where this book comes in. In it, you are going to find the answers you need to get the results you want. I know what it s like to struggle with weight, and in this book, I reveal the secrets you need to lose weight and feel great about yourself. It doesn t matter how much weight you have to lose, or how many times you have tried before and failed. This book yields results, and within three months, you are going to be at your goal weight, feeling good about yourself, and ready to take on summer with a passion. No more stressing about what you can and can t eat. No more feeling winded after walking up a flight of...

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