

Lose 10 Pounds In 10 Days - Mrr

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Discover The Secrets to Losing 10 Pounds in 10 Days! Tried And Proven Successful Methods! 1.) Learn the concept of weight loss You may think that you know all there is to know about losing weight. You do not. This book teaches you how your body works to burn off calories and how you can lose the weight that you want - not just 10 pounds, but even more! The entire concept of how you lose weight and what you need to do to not only lose it, but keep it off, is explained in this book. 2.) Learn what not to do There are plenty of products out there that promote weight loss. Many of them are simply ways that are designed to part you from your money and trick you into thinking that there is some magic out there that can melt off pounds effortlessly. This is not the case. This book will not only teach you everything that you need to do to lose weight, but what not to do as well. Here is what you will learn inside this guide....

Chapter 1 - Introduction Chapter 2 - Diet Dos and Donts Chapter 3 - Green Tea - Does It Work? Chapter 4 - Diet Pills Chapter 5 - Body Cleansers Chapter 6 - Why Starvation Does Not Work Chapter 7 - Watch What You Drink! Chapter 8 - Why You Need To Exercise Chapter 9 - How To Eat Chapter 10 - Why Age Matters Chapter 11 - What Is Your Ideal Weight Chapter 12 - Mind Over Matter

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