

# Lose 20 Pounds In Three Weeks

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Lose 20 Pounds In 3 Weeks With Our Step By Step Action Plan! Never Before Revealed Information!

Dear Friend, After I quit smoking, I gained an extra 20 pounds. While I knew that quitting smoking was good for me, I also knew that extra weight was not. Not only that, but my clothes did not fit and I felt pretty bad about myself. The pride I had in quitting smoking seemed to vanish. I had taken off weight before, after I had my two kids. But I was in my 20s then and now I was in my 40s. It was a little more difficult. Even though I didnt smoke throughout my 20s and 30s, I still was able to maintain my weight (I took the habit back up again in my late 30s for a couple of years). I found that taking off this extra weight was tough. I tried a number of different diets, all of which failed. Then I started reading about diets and burning calories. By this time, I was consumed with the idea of losing those 20 pounds. A friend of mine lost 80 pounds on a diet program. With her advice and my new found knowledge, I embarked on a program of my own. I lost 20 pounds in 3 weeks without a drastic change to my lifestyle, without joining any expensive program or a gym. As a matter of fact, this cost me no money at all. And if I can do it, so can you! Sound too good to be true? Its Not! You can now lose weight the way you are meant to lose weight. By boosting up your metabolism and having a healthy outlook when it comes to eating food. You will also learn what to eat, how to eat and what to drink when you are not only trying to lose weight, but maintain your weight. The diet system that I use is NOT meant to be used for a long term. It is safe for 3 weeks and you WILL lose 20 pounds. But after that, if you still want to lose weight, you need to get into a program. How To Lose 20 Pounds In 3 Weeks! Use your mind and common sense to lose the 20 pounds you need. This book teaches you how to be aware of your day to day eating and exercise routines and how to boost your metabolism naturally, without pills, as well as cut down on your calorie intake so that you are not starving yourself. This book is not only filled with common sense tips and a solid diet blueprint for you to follow, but it also talks about some of the mental challenges that face dieters. These are rarely discussed in diet books that concentrate mostly on foods that you cannot have and those that you must eat. While certain foods should be avoided during this diet, this book will also teach you the correct frame of mind that you need when trying to lose 20 pounds in 3 weeks. Losing weight is more than just dieting, it

is a mindset. And in order to have this mindset, you have to be able to re-train your mind to think a certain way. When you buy How To Lose 20 Pounds In 3 Weeks? you will get step by step instructions on how to do this without having to drastically change your way of life. Instead, you will make moderate changes to your lifestyle that will not only make you lose weight, but also be healthier mentally as well as physically. If you have been like I was, struggling to lose weight and not getting anywhere with it, then this book will teach you a different technique that is not taught by anyone because most people usually want to sell you a product or a service. This is free and it works better than any other weight loss plan out there. I have researched this book for a while and put together what anyone needs to lose 20 pounds in 3 weeks using basic methods that are free and able to be incorporated into anyones life at a moments notice. You will not find this information at any weight loss plan center because they want to keep you coming back, or buying pills or food. I am happy to share these secrets with people who are serious about losing weight and changing the way that they think about themselves and food. Heres What You Will Learn With Our Weight Loss Action Plan.... How to figure out calorie intake What foods not to eat How a little extra exercise can help What to drink How to have the mindset to lose weight And a lot more!

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