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Slim Down: Learn Tips to Slim Down - The Ultimate Guide to Slim Down in No Time (Paperback)

By Ashley Smith

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Slim Down Are You Ready To Learn Tips to Slim Down? Welcome and have fun with Slim Down Today only, get this Book for just \$6.99. Regularly priced at \$10.99. If you are tired of being obsessed with your weight, you re certainly not alone. The real truth is that you are what you eat. Weight loss is really nothing more than a mathematical equation in the end. There are other things to consider like stress and other environmental and physical factors, but for the most part, in order to maintain a healthy weight, you have to burn more calories than you consume. Losing weight is all about developing healthy lifestyle habits. In this book, you will find everything you need to develop those healthy habits that can help you lose weight, boost your energy, and feel great. The essence of this book is all about slimming down and finding ways to boost your energy so that you can feel great every day. So if you re ready to take this journey, I welcome you...



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Reviews

Absolutely essential go through publication. It is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

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