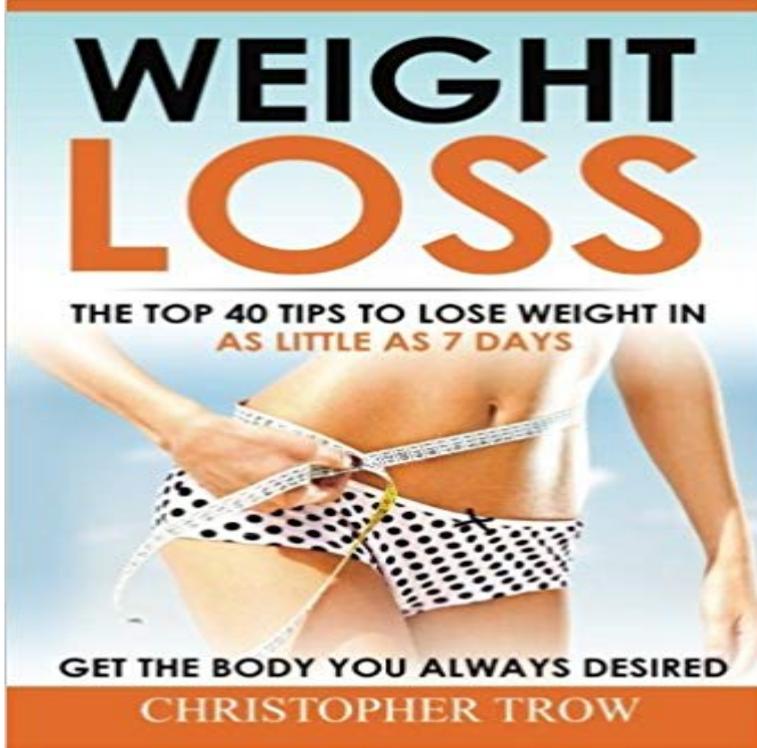


## Weight Loss: The top 40 tips to lose weight in as little as 7 days: Get the body you always desired (How to lose weight, Weight loss, Lose weight fast, Weight loss motivation) (Volume 1)



Weight Loss: The top 40 tips to lose weight in as little as 7 days is a book dedicated to those who are looking to shed fat as quickly as possible the healthy way. Inside are 40 healthy and crucial tips to lose the pounds in as little as a week. Christopher Trow has been working as a Personal Trainer and nutrition advisor for the past decade where he has successfully helped clients drop to their desired weight and gave them the knowledge to keep it off for good. You'll learn about the good and bad fats, what to avoid and what to consume. Learn about the different types of fat burning foods that you can include in your everyday diet to help you melt the fat away starting today! There is a wealth of nutritional knowledge to be discovered inside along with a guide to the very best types of exercise for fat loss, all you need to do is make a few sacrifices to your diet and spice things up a little bit in the kitchen to adhere to it. Eating healthy foods doesn't have to be boring, it's all about exciting the dish to give it some flavour in a healthy fashion. You'll also learn some interesting facts about the healthy foods that you may already be indulging in today that may be assisting your weight gain and upset stomach. We all know that a healthy diet and participation in exercise is the right way to go about getting into shape and to remain in good health but if you don't have the time, the tips inside to adjust your diet will be enough alone to shed the weight so in essence you can eat yourself thin. The benefits of the tips inside are endless, you'll learn what foods really make the difference to you feeling satiated and you'll even learn how to eat at night and before bed to carry on the fat burning process and to keep your muscles well-nourished. Healthy mind, healthy body, happy life.

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