



## Slimming Secrets: Health, Fitness, and Diet Secrets for the New You

By Tammi Diamond

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.\*\* Bonus: Free downloads of all new releases as well as reports related to this eBook Absolutely FREE. Click Look Inside above to subscribe \*\*\* Check out what others are saying. Discover the slimming secrets for an easier and faster weight loss. This eBook contains weight loss secrets that work holistically and target overall body fat. Losing weight is not just about dieting and exercising. Our approach to health and fitness is based on the individual's personality and lifestyle. Your guide towards fun, effective, and stress-free methods to lose weight. Looking for a simple, personalized, and effective weight loss method? Then this book is for YOU. Learn about the secret behind popular diet programs Lose weight without rebound effects Discover the power food that naturally manages your weight 7 Weight Loss How To s: Boost your metabolism Avoid common weight loss pitfalls Exercise for your body type Maintain a healthy weight Lose weight fast and safe Determine if you're exercising right Relax and lose weight at the same time Want to Know More? Just Scroll to the...



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