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## How to Lose 30 Pounds (or More) in 30 Days with Juice Fasting: How to Lose Weight Fast, Keep It Off Renew the Mind, Body Spirit Through Fasting, Smart Eating Practical Spirituality (Paperback)

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By Robert Dave Johnston

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.It s time to obliterate the excess weight from your body and get healthier, leaner and better than ever before. And you can accomplish most, if not all, of these objectives in just 30 days with the mighty and life-changing discipline of juice fasting. A major breakthrough in your life and health is not only possible but imminent as juice fasting can help you heal and lose weight faster than any other method. Why postpone the achievement of your goals for another year? How long has it been since you felt really good about your weight and health? How many times have you said to yourself: This year I am going to lose the weight, only to end up postponing the process? Have you ever stayed awake at night thinking and worrying about your health? Wouldn t you like to look at yourself in the mirror and see those pounds gone once and for all?Who could put a price on this kind of triumph and freedom? I asked myself these very same questions for a very long time as obesity...



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