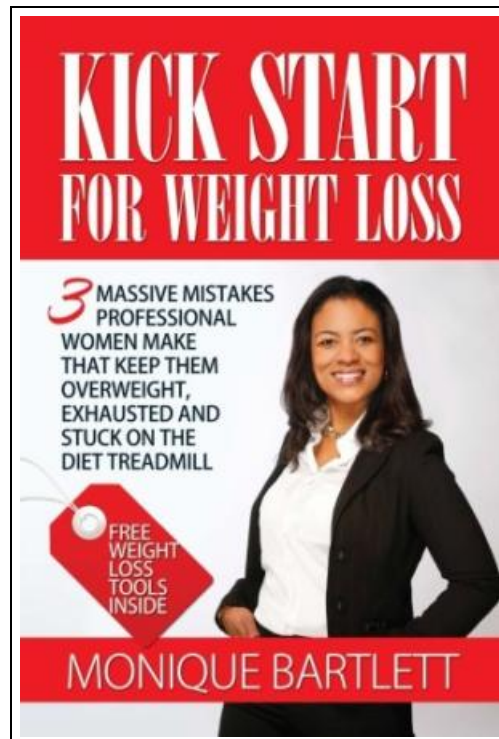


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2 the Core Publications, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Kick Start for Weight Loss: 3 Massive Mistakes Professional Women Make That Keep Them Overweight, Exhausted and Stuck on the Diet Treadmill is a practically written book for professional women who are overweight, exhausted and stuck on the diet treadmill. It deals with every day struggles women face when they are trying to reach their ideal weight and teaches how to overcome them. Within the pages of this book you will learn: -The Fundamentals of Weight Loss -How To Set Achievable SMART Goals -Why Portion Size Does Matter -How To Lose Stubborn Belly Fat - The Effects of Hormones on Weight Loss -The Solution To Reach Your Ideal Weight If you re tired of spending 20 minutes in your closet every morning trying to find clothes that fit or just don t have the energy to make it through the day, then this book is for you. If you don t have enough time in the day and do not have the proper resources to achieve your goal, then this book is your answer. If you don t like what you see when you look in the mirror or don t like how you feel in your skin, then you need to order this book now! Learn the process that will give you your health and life back. If you already knew what to do you would have reached your goal already. Taking action is the first step to success. Foreword to this book is by Gerry Robert, best selling author of The Millionaire Mindset. Testimonial for this book is by Dr Natasha Turner ND, best selling author of The Hormone Diet.

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