



Sleep Fat Wake Up Thin: How to Lose Weight Fast Without Struggle (Paperback)

By Kenn Kihiu

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****. How Much Weight Do You Need To Lose To Reach Your Ideal Healthy Weight? 10 pounds? 30 pounds? 100 pounds? Whatever your answer, multiply it by 3. You are now looking at the number of days it will take for you to reach your ideal weight when you follow my program. For those with a lot of weight to lose it will happen even faster. All this without constantly feeling deprived while having a lot of energy and vitality. Startling Fact On Why You Can't Seem To Lose Weight Quickly Diets abound and the diet and nutrition industry is gigantic. Right now someone else is buying another popular diet book that will fail them because many of these best selling weight loss books don't work. 95 of people who lose weight on a diet gain it all back. Why? Because most of their research and testing is done on mice and you my friend are not a mouse! Mice don't have cravings Mice don't have human emotions like sadness, joy, excitement that affect hunger...

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