How to Lose 40 Pounds (or More) in 30 Days with Water Fasting



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Reviews

This ebook may be worth a read, and far better than other. It is among the most incredible ebook i have read. You will like the way the article writer publish this publication.

(Candace Raynor)

HOW TO LOSE 40 POUNDS (OR MORE) IN 30 DAYS WITH WATER FASTING



Createspace, United States, 2013. Paperback. Book Condition: New. 228 x 152 mm. Language: English. Brand New Book ***** Print on Demand ******. Do you ever ask yourself: Will I ever lose this weight? Will I reach my goal? How many times have you said to yourself: This year I m going to lose weight. This is absolutely it! Indeed, these are sobering questions and statements. As a 300+ pound obese man caught in the grips of binge eating disorder, so far gone that everyone thought I was going to die, so down that even treatment centers didn t want me, so lost that I locked myself in my apartment with boxes of pizza, planning to eat myself to death, I can say without hesitation that I KNOW how painful it is to see ourselves overweight year after year, getting fatter as well as older, and with no indication that anything could change. Let me ask you a simple question: Given the chance, would you dive in and do whatever it took to achieve your weight loss goals? Wouldn t you like to find a system where you could lose one-to-three pounds daily and never gain the weight back? Well, I m here to tell you that there IS hope! I escaped from the hellish prison of obesity and binge eating, and now my work is to carry the message to others that losing weight and keeping it off CAN be done, and that nothing will get you there quicker than water fasting, AND the implementation of a structured eating plan. Welcome to How to Lose 40 Pounds (Or More) in 30 Days With Water Fasting, a complete manual for fast and permanent weight loss. We will talk about water fasting, what it is, how it works and how it can...

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