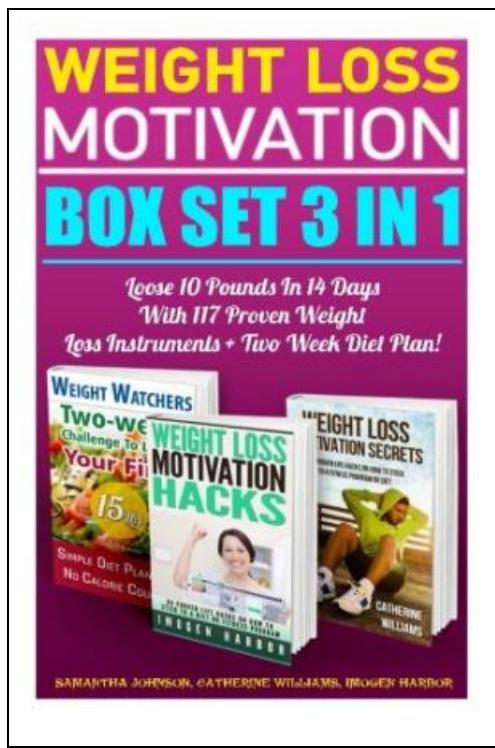


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Weight Loss Motivation BOX SET 3 IN 1: Loose 10 Pounds In 14 Days With 117 Proven Weight Loss Instruments + Two Week Diet Plan! BOOK #1: Weight Loss Motivation Secrets: 33 Proven Life Hacks on How to Stick to a Fitness Program or Diet This book offers you 30 weight-loss motivational hacks to help you to stick to a diet and fitness program in 7 days. When trying to keep yourself on target of reaching your goals in weight-loss and fitness can be very difficult to stay motivated. We all know that we have experienced this at one time or another in life. The suggestions and tips in this book offer you positive ways to help yourself to reach your personal goals in weight-loss and fitness. Having a game plan is an important part in being successful in reaching goals in anything whether it is in weight-loss, work or other aspects of your life. You need a game plan to help you keep focused on the goals that you want to reach. By using the motivational tools that are suggested in this book you can build a positive game plan that will surely make reaching your goals a very real possibility. By choosing to download this book you are certainly taking a step in the right direction if you are truly serious about getting up off the couch and working towards a healthier lifestyle change which will result in weight-loss and fitness causing you to feel good inside and out. BOOK #2: 84 Proven Life Hacks On How To Stick To A Fitness Program or Diet Top Weight Loss Motivation Hacks Sticking to a diet and exercise...

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