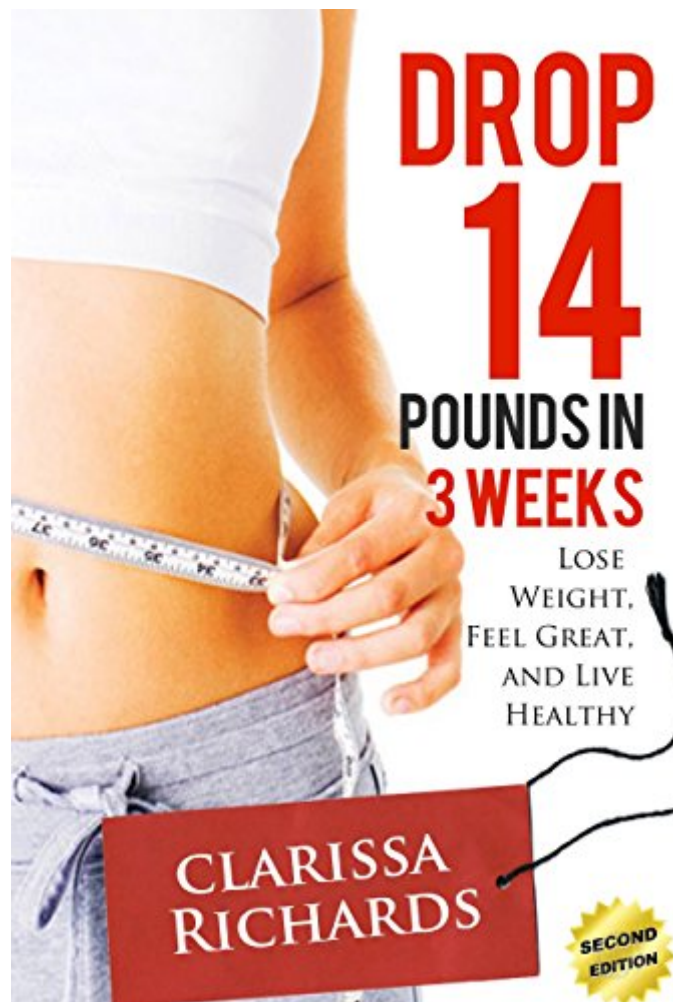


The book was found

Drop 14 Pounds In 3 Weeks (2nd Edition): Lose Weight, Feel Great, And Live Healthy: Effective Tips To Burn Fat, Get Stronger, And Boost Energy (Live Lean, Live Healthy, Live Happy)





Synopsis

Discover The Most Effective Tips to Burn Fat, Get Stronger, and Boost EnergyDownload this book today and get One of FitnessEssentials' best-selling books, "The Fitness Blueprint", 100% FREE!!!

****LIMITED TIME OFFER ONLY**** From Clarissa Richards, a four time best-selling author, one of the world's leading experts on health, nutrition and wellbeing, and a top author at www.FitnessEssentials.co. This book is a complete guide that contains all the habits that you need to adopt and all the nutrients that you need to eat in order to lose weight in the fastest possible time. In this 2ND Edition you will also find extra chapters with added benefits to the existing program, such as proven tips to help you succeed and motivators that will help you keep motivated until you reach your goals. Losing weight might seem impossible to you in the beginning. You probably have tried everything, with little to no results. If this is the case, do not give up just yet. Nothing is impossible and if you really want to lose weight, all you need is the RIGHT information and a strong willpower. With this book you will obtain the first one, The Right Information, and you will learn the easiest methods to lose weight in just three weeks. As for the second one, will power, I am afraid that is up to you. However, in this book you will find proven and very useful tips to help you keep motivated through your weight loss journey. The Author, Clarissa Richards, did not limit this book to only eating schedules and meal plans, but she also added extra information that most books fail to address, such as:

- The hormonal aspect of your health.
- You will find some wonderful recipes to enjoy your meals because losing weight is not about starving yourself, it's about eating healthy that will lead to a healthy lifestyle.
- Tips for a successful program
- The absolute DO's and DON'Ts of a healthy lifestyle are also very distinctly mentioned in detail.
- The after diet, where you will know how to maintain the weight you have achieved with the program with no rebound
- And much more.

Clarissa has put years of research and life experience in this book and has created a complete guidebook that is going to take you step by step to achieve your dream body! Visit www.FitnessEssentials.co for more health, fitness, and weight loss tips "Be Fit, Be Sexy, Be Essential" Tags: weight loss, low fat, Live Healthy, live lean, fat loss, lose weight, fitness, weight loss for women, weight loss motivation

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Aerobics

Customer Reviews

Thatâ™s a nice way of saying that we all have a lot of bad habits that are making us fat and unhealthy! How hard it is to have positive affirmations â“ didnâ™t we already know that being positive always has it's results? This book came as a pleasant surprise and made me realize that I didnâ™t need to break my back and bones or starve myself. This read gave me some additional motivation and enhanced my level of thinking on being consistent with my specific goals to lose weight.

This is poorly written, awkward to the point of reading like a poorly edited translation. Sample - "Human body is complex but it is undergoing its functions really well since it works on the basis of logics ."The dieting advice is also highly questionable. At one point she recommends having a glass of milk and 3 dates for your evening meal. That's all. Not surprisingly, she goes on to push supplements described as having magical results with absolutely no side effects. Right...

Well this book, Drop One Stone in 3 Weeks, is a very ideal guide to comprehensive understanding of our metabolism, lifestyle, eating and exercise habits and generally holistic health. Thereâ™s just a lot of input I have learned after reading this book. Two years ago, I suffered ulcer. I was losing weight but in an unhealthy way. Most of my friends noticed it and I was honestly very depressed to see my face looking not attractive at all. I know for sure that skipping breakfast and dependence on

coffee caused that. Certainly, I have proven them more after reading this book. I just realized that a single mistake on our health affects the entire body and even, our entire life. And so I am truly happy that I got to be more informed and wise after reading this book. I realized how important exercising, good food choice, walking in the mornings or evenings are. Thus, this book does not only offer an effective weight loss technique but several important long-lasting health options. Richards has effectively put emphasis to overall wellness: the MUSTS and the persuasive steps to enjoying a healthy lifestyle. Highly recommended!

Lots of good information, some of which is common knowledge and common sense. Some good tips on things you may not normally think of. But like with all diet/nutrition advice you have to have the time and the money to do a lot of it. I would say if you are a totally unhealthy eater this will change your life. If you're a healthy eater and already exercising I don't see it helping too much.

I got more from this book than I expect when I initially picked it up. The author really covers all avenues necessary for weight loss. It provides action steps and reasons why to include various things into your weight loss regime..it also covers dos and don'ts. It provides a some science behind some of its tactics as well..its a pretty good book..worth checking out.

Wow! This type of exercise and techniques are really great! I bought this book thinking in my lifestyle, and I really needs a change. Til this moment this book is helped me a lot, and the recipes are very delicious, you can find a variety of food here. I eally wants to congratulate the author Clarissa Richards for this helpful book!

This book is comprehensive. It's got great info on diet, exercise, and lifestyle for you to drop that stone. There's a lot of whacky info out there, but I'm well read and this author nails it. If your looking to drop those pounds, get this title today!

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