



Lose Up to 15 Pounds in 3 Weeks Pocket Guide

Alex A. Luch

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This easy-to-read book helps the reader understand the most effective ways to lose weight and keep it off. It also includes a fat-burning, calorie-blasting workout program, complete with photos and descriptions.

The small, portable size of this book makes it perfect for bringing everywhere in a purse, briefcase, or gym bag. With the most powerful nutrition, diet and fitness secrets in the industry, this book gives the readers the tools they need to shed unwanted pounds right at their fingertips.

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