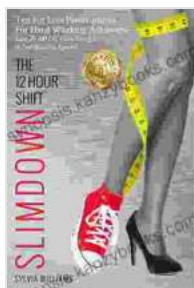


Ten Fat Loss Prescriptions For Hard Working Achievers

Who is this book for?

If you're a hard working achiever who wants to lose weight and get healthy, then this book is for you. This book is not for people who are looking for a quick fix or a magic bullet. It's for people who are willing to put in the work to make a lasting change.



The 12 Hour Shift Slimdown: Ten Fat Loss Prescriptions For Hard Working Achievers: Lose 20-100 Lbs, Gain Energy & Feel Healthy Again! by James R. Dowling

★★★★★ 5 out of 5

Language	: English
File size	: 2072 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 125 pages
Lending	: Enabled



What will you learn in this book?

In this book, you will learn the ten fat loss prescriptions that have helped thousands of people lose weight and get healthy. These prescriptions are based on the latest scientific research and are designed to help you lose weight safely and effectively.

The ten fat loss prescriptions are:

1. Eat a healthy diet
2. Exercise regularly
3. Get enough sleep
4. Manage stress
5. Drink plenty of water
6. Take breaks
7. Set realistic goals
8. Find a support system
9. Be patient
10. Stay positive

How will this book help you?

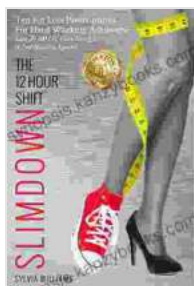
This book will help you lose weight and get healthy by providing you with the information and tools you need to make a lasting change. This book will help you:

- Understand the science of weight loss
- Create a personalized weight loss plan
- Stay motivated and on track
- Achieve your weight loss goals

Free Download your copy today!

If you're ready to lose weight and get healthy, then Free Download your copy of Ten Fat Loss Prescriptions For Hard Working Achievers today. This book will help you make a lasting change and achieve your weight loss goals.

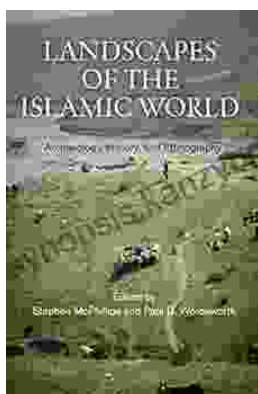
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