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17-Day Slim Down (2nd Edition): Flat Abs, Firm Butt & Lean Legs - See Results In Days, NOT Weeks! (Exercise)



Synopsis

The ULTIMATE 17-Day Body Transformation! See Weight Loss Results in Days, NOT Weeks! FREE BONUS INCLUDED: If you download this book, you will get a FREE DOWNLOAD of Linda Westwood's best selling book, Quick & Easy Weight Loss: 97 Scientifically PROVEN Tips Even For Those With Busy Schedules! From the best selling author, Linda Westwood, comes 17-Day Slim Down: Flat Abs, Firm Butt & Lean Legs - See Results in Days, NOT Weeks! This book will transform your body forever - you will finally lose weight, develop the lean legs you have always wanted, and be motivated to eat healthy and workout hard! The best part is that this is Linda's 2nd edition, which means new & updated content (with bonus sneak peeks at the back)! If you feel like you need to give your weight loss a HUGE kick-start... If you feel like you're ready for a full-body transformation... Or if you want to see results FAST (in DAYS instead of WEEKS)! Then This Book Is For You! This book provides you with a step-by-step plan that will have you transforming your entire body - especially your abs, butt and legs - in ONLY 17 DAYS! It comes with the information, recipes, workouts, and all the steps that you need to know! Are you ready to look and feel slimmer, healthier, and sexier than you have in years? Then check out this 17-Day Slim Down plan, and start transforming your life TODAY! If you successfully implement this 17-Day Slim Down, you will

- Start losing weight without working out as hard
- Begin burning all that stubborn fat, especially belly fat, thigh fat and butt fat
- Say goodbye to inches off your waist and other hard-to-lose areas
- Learn how you can live a healthier lifestyle without trying
- Transform your body and mind in less than 3 weeks
- Get excited about eating healthy and working out - EVERY TIME!

Tags: weight loss, how to lose weight, slim down, six pack abs, lose weight, burn fat exercises, how to get skinny

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Customer Reviews

This book is like an exercise guide which helps your fat body transform into a slim body. I got this book in and I bought this book for my family. I read this book and I enjoyed this book also. This book has described how to diet your body with food instructions. I think it is a very helpful book for us. Thanks author for writing this book.

I am ready for this challenge to slim down my body, especially my thighs and arms, since a lot of it has extra fats, including my belly fats. So having this book made me determined to take away that extra fat from me and make myself back in the game like I was 18. I have a very curvy slim body before, but now I'm busy at work and it makes me feel depressed about my body. Thankful to have read this book.

I am so satisfied with all the valuable tips and secrets this book has included. I am comfortable to say this is one of the complete dietary and workout books out here. I've read many books that target fitness/lose weight, but still I've learned a lot of tricks here. What surprised me the most is the free bonus, it also has plenty of great values! This book is worth every penny!

This is a great weight loss book for busy people like me. This 17-day slim down technique is just right for me and for everyone else. Eat right, move around, and get rid of the fats. There are a lot of techniques inside this book that will surely help us achieve the body that we always dreamed of. I am very excited to start following this program. Great recipes, too! There needs to be some proof reading as there are some typo errors (i.e. instead of "won't" you typed in "want"). I will surely recommend this book to everyone!

I'm always looking at different diets that would help me to lose weight and stay fit and healthy. to dispelling myths; to habits that hurt weight loss; breaking the sugar addiction; tips and tricks; to addressing various health and hollistic tidbits. I am 10 pounds away from a healthy BMI for the first time in years! YAY!

Really liked the nutrition part of this book, what and how to fuel yourself. Many of my friends have actually lost a lot of weight just by changing their eating habits and creating proped plans to follow everyday. This book has some great info if you aim to build you own diet plan.

This book is amazing! Already I have lost 5lbs and i am just 4 days into it!!! Follow this book and it works!!!! In days NOT WEEKS!! Yay! Highly recommend!

To quote the author "To get the most out of life, we need to be the healthiest beings we can possibly be." This diet book does exactly that. Remember before you start any diet or exerciser program check with your doctor. By following the steps that Linda Westwood suggests for 17 days you should surely have successive.

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Abs Diet, Waist Training Workout) (FIT BODY Book 1) Squats: The Best Butt Workout Revealed -
How to Sculpt the Most Voluptuous Butt Ever with Squats (30, 60, & 90 Day Workout Plans) The
Women's Health Big Book of Abs: Sculpt a Lean, Sexy Stomach and Your Hottest Body Ever--in
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