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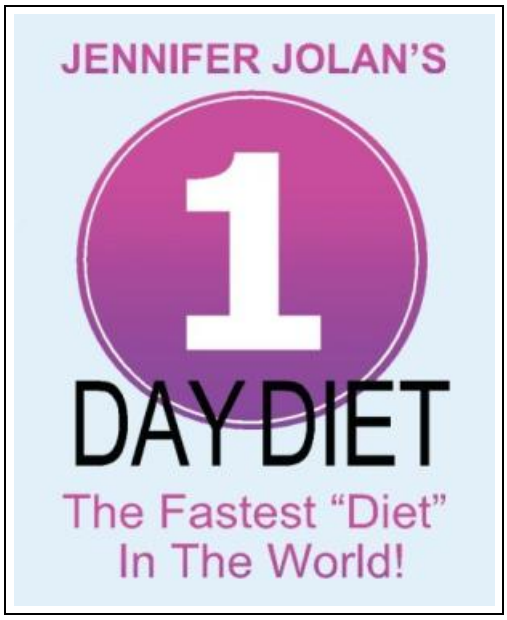

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1-DAY DIET - THE FASTEST DIET IN THE WORLD

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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 176 pages. Dimensions: 9.2in. x 7.5in. x 0.4in.Newly updated and expanded! (Now includes sections from our 5: 2 Diet Cheat Sheet and Stupid Hormones books!) If youve dreamed of a way to safely and quickly lose weight while still eating foods you love, then this book by bestselling weight loss authors Jennifer Jolan and Rich Bryda could be exactly what youre looking for. The 1-Day Diet is changing the diet and weight loss world. Based on hard science, it works without constantly dieting for days, weeks, and months at a time. . . without planning special meals. . . without counting calories. . . and without needing to exercise. The idea behind this diet was first discovered by professional athletes (who wanted to lose body fat without starving or feeling tired) and then perfected for women by a world-class diet expert. In fact, its not unusual to lose 2 to 5 pounds the first day and up to 30 pounds the first month without fat returning. The Best Part Youre only allowed to do the diet 1-3 days per week. The rest of the week you can eat all your favorite foods (even bad foods) as long as you follow a few simple guidelines. Some of the secrets in this fascinating book include: The science behind why its almost impossible to fail here. (Even if everything else hasnt worked.) How to diet 1 day a week to KEEP fat off forever. (No yo-yo effect or worrying about fat creeping back on.) A simple 5-minute exercise that can double your weight loss speed on the 1-Day Diet. (Exercise is NOT required-but you can lose weight TWICE as fast by doing this simple exercise that takes only...

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