



HOW TO LOSE 60 POUNDS IN 90 DAYS

S Baig

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I wanted to make a change in my life after i realized i wasn't healthy enough to play with my 16 month old son. Its not a good feeling being overweight, not having the energy, being out of breadth, not fitting in your clothes and not able to enjoy life the way I used to. That is when i made the decision, not just for my family but for myself to be disciplined and to make a drastic change in a very small amount of time. This book is what got me from 230 pounds to 170 pounds in just 90 days. With a little determination and by just following each day as outlined in this book, you will be able to do the same and be very happy for it.

Have you ever wanted to lose weight and lose it fast? Have you ever wanted to transform yourself into a healthy, fit and slim person? Well now you can. In this book there are no gimmicks, no tricks and no magic diet fads but rather a blue print with step by step instruction on how to lose weight. Are you getting ready for a wedding, an event, a marathon or just simply want to shed a ton of weight off your body and reduce your body fat percentage? Then read this book which will guide you through each day from day 1 till 90 on what to eat, when to eat and what to do so that you end up losing 90 pounds in just 60 days. The system incorporated will change your plan after a few days to keep the body guessing and to ensure you continue to lose weight. This is a to the point blue print system that you need to follow and you will end up looking back at a brand new person in the mirror. You will have better self confidence, you will be healthier, you will have more energy and you will be stronger not just physically but spiritually as well. Simply follow each day in this book, from Day 1 till Day 90, forget any diets or supplements and in 3 months you will have transformed yourself.

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Cameron Rodriquez:

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Jose Banks:

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Olga Andres:

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