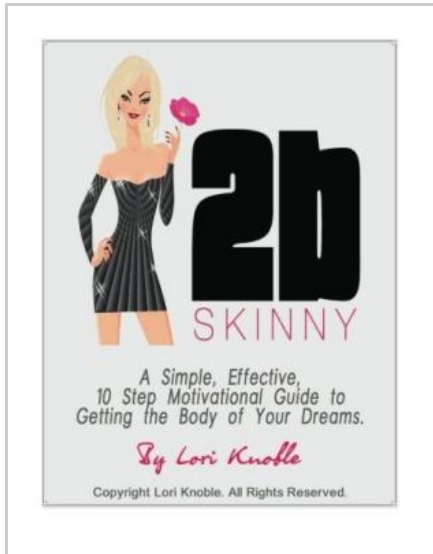




2bskinny (Paperback)

By Lori Knoble

Createspace, United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Hi, I m Lori Knoble. Like you, I have searched endlessly for weight loss secrets. Many weight loss secrets require that you eat only certain foods. Let s be realistic, you re not going to stick to any plan that makes you stop eating the foods that you love to eat. Almost all weight loss secrets require that you exercise strenuously everyday. Most people don t have the time or desire to exercise. The fact is, most weight loss secrets aren t really secrets at all, everybody knows about them, they are just not practical for everyday living. How much weight do you want to lose? 10 pounds? 20 pounds? 30 pounds? 50 pounds? 100 pounds? Starting today, you can lose as much weight as you want to. I have compiled a 10 step guide, 2bskinny. With my guide, you determine how much weight you want to lose and follow 10 simple steps to lose it. You can be the weight of your dreams. With my plan, you are in control of your weight loss. You determine exactly...



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