



The 8-Step Action Plan to Fat Loss Forever (Paperback)

By Elizabeth Caroline

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Want to burn those stubborn fats while still enjoying your meals? This book here shows the 8 practical steps to boost your metabolism rate and trim your body shape at the same time. This works because the steps encourage fat-burning hormones to be released in your body quickly, effectively and naturally. Inside you will discover: -how to flip on your metabolism switch in just 8 simple steps -the 7 excellent foods that help you to lose fats healthily -the 12 proven ways to achieve the figure you always wanted -how to unleash your energy by eating clean and vibrant meals -and much, much more.



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