

Lose 20lbs. by Your Wedding Day: Have the Body You Want in 6 Weeks or Less: The Diet and Detox Weight Loss Guide for the Bride to Be (Paperback)



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Reviews

Undoubtedly, this is actually the greatest job by any author. This can be for those who statte there was not a worthy of studying. I am delighted to inform you that this is actually the greatest publication i actually have read within my very own daily life and could be he greatest book for ever.

(Perry Reinger)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. So you did it! You said yes to the question and have set the date. First of all, let me say Congratulations to both you and your fiance. You have a lot of planning to do but hopefully there is plenty of time. With the venue, the reception, the flowers, the dress, the photos, the honeymoon, you are probably spending a boatload of money on this fabulous event and all eyes will be on you. So you want to look and feel your very best. But if that is an issue for you, and the fact that you are looking at this book, tells me that it may be, then don't worry. I can promise you that if you read this book and follow the guidelines you WILL lose at least 20lbs (and possibly much more) by the time the big day comes along. Sometimes the bride to be will (in a desperate effort) resort to fad diets, pills, and quick fixes. And while these may work and you may lose a few pounds before the big day, chances are you will have gained them back before the Honeymoon is over and you don't want that to happen before he has even carried you over the threshold. In fact, many studies show that marriage itself tends to pack on the pounds, so wouldn't you rather make a smart, reasonable and sustainable change to your diet right now which will in turn lead you staying slim and more importantly, healthier for all those upcoming wedding anniversaries? And yes, it is a stressful time, which if not checked, can lead to even more weight gain which is the...



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