



Natural Weight Loss Hacks and Secrets Revealed: Healthy Weight Loss Techniques Used by the Experts to Lose Weight and Keep It Off

By Andrea Silver

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.DISCOVER SOME OF THE BEST KEPT SECRETS TO LOSE WEIGHT IN A NATURAL, EFFECTIVE AND FAST WAY! + BONUS: FREE E-BOOK INCLUDED WITH PURCHASE! (The 20 Most Deceptive Health Foods, see inside contents for details). Discover how to lose weight without suffering through months and months of dieting. This is your chance to fit into that old bikini or those swim trunks again, while also learning techniques to improve the quality of your WHOLE life beyond just your body. Are you ready? Losing weight always requires hard work, however many people repeat the same ineffective strategies again and again and wonder why they re not burning calories. Instead, consider that there are much faster paths to get the results you want using proven body hacks that few people think to perform. If you re a fan of life hacking, this is a book for you. From learning how to rev up your metabolism using cold water, how the emerging science of EPIGENETICS is linked to our mental and bodily health, to discovering the art of burning calories while...

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