



The 14-Day Rapid Fat Loss Diet: A Simple 2-Week Plan Proven to Target Belly Fat, Melt Inches, and Produce Rapid Lasting Results in Your Body and Health! (Paperback)

By Dr Kristen Harvey

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Why You Should Read This Book: It might not seem clear to you right now but the 14-day diet is the most essential diet tool that you might ever stumble across to help you get control of your body and health FAST! Why? Because it delivers POWERFUL results in just 14 days. As a personal trainer and fitness expert, I've tried everything and seen everything, but nothing delivered my clients dramatic results like the 14-day diet. I've used it to help my clients drop from a size 12 to a size 6, lose up to 20 lbs., get into bikini-body shape, and win fitness contests, all while undergoing dramatic visible transformations (that they can literally see in the mirror!) in a matter of days. The 14-day Rapid Fat Loss Diet is proven to target stubborn belly fat and produce lasting results. Most people report losing up to 3 inches off their bellybutton in 14 days and up to 6 body fat in 21 days (3x faster than the normal rate of fat loss!). But the BEST news is-...



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