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Weight Loss (Weight be Gone Book 1)

Warren Griffin

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How much weight are you willing to lose? In this wonderful book entitled: Weight Be Gone, the author gives you 8 fantastic vital facts you can use to truly love weight naturally. Statistics have shown that people who are overweight have a very high percentage of health problems which includes anything form heart problems, to too much weight on your joints and a lot of other ailments.

Weight be Gone teaches you how to take your life back and live a healthier lifestyle by changing the little things that we often take for granted (which are very important to our everyday lives).

Each chapter of Weight be Gone gives you 8 short, straight to the point facts that if followed, will allow you to lose the extra weight naturally.

Here is a summary of what you will learn:
• Drinking more water will help fight your urges and decrease your hunger. Did you know that your body may be craving liquid instead of substance?
• Find out how eating more vegetables can aid in the weight loss by giving your body a high concentration of nutrients and minerals.
• Sugars are an instant killer. Find out which ones are more detrimental to your goals and why you should avoid them at all costs.
• How going back to basics can not only help you in your process of losing weight, you will be able to save some money from not eating all that fast food.
• Why you must do some form of exercise (even if it is only 20 min.) on a daily basis to burn calories which aides in weight loss.
• How setting workable goals that you can achieve will give you the confidence of continuing on your quest to lose weight.
• Getting the proper rest is majorly important to weight loss. Bet you didn’t realize that!
• How to keep the non-supporters of your dream out of your way to complete your tasks

And much much more!

Weight be Gone is a fun and down to earth read. No big 50 character words to decipher. Just good old plain English in layman’s terms that is understandable to get the job done.

Read Weight be Gone for yourself and see how it will help you reach your goals towards losing the weight you desire and once again living a healthier life.

Enjoy!

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