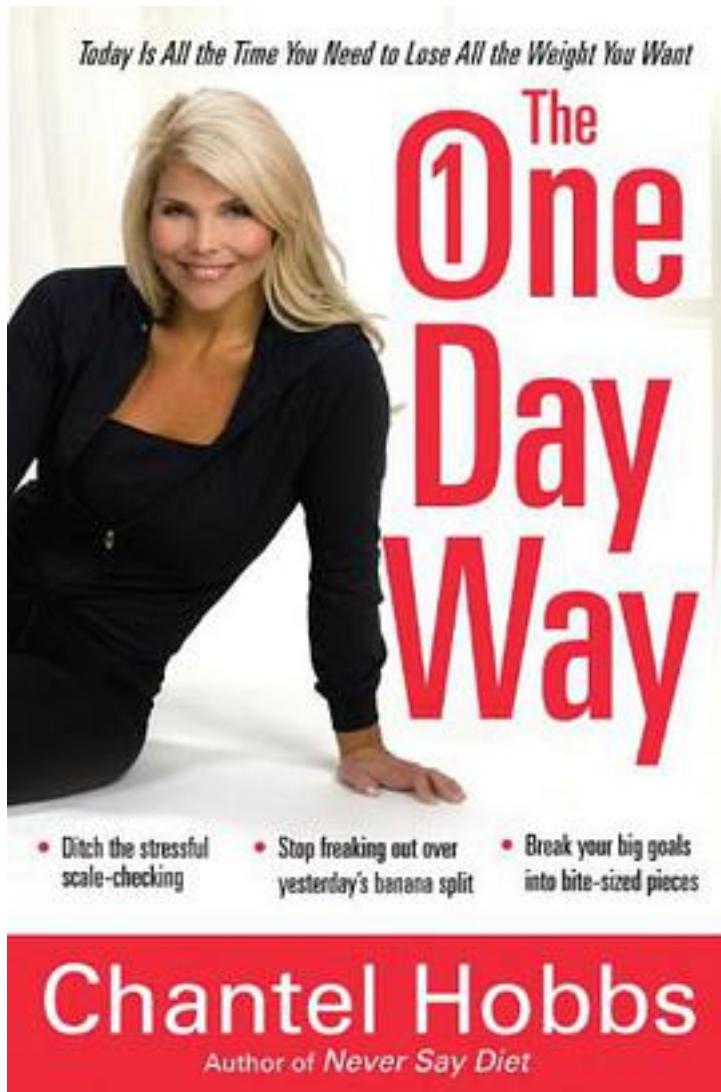


The One-Day Way



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著者:Hobbs, Chantel

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Lose All the Weight You Want, One Meal, One Pound, One Day At a Time!

I've got great news for you: You are about to feel better and look better beginning today! Today is truly a new opportunity for you to reach your weight loss goals. No, you won't fit into your "skinny jeans" today, but I'm going to show you how each day will get you closer to that goal.

Yesterday's mistakes are gone so let them go. You can't control tomorrow, so stop worrying about it. Today is your opportunity to lose weight, get strong, and look great. It won't happen overnight, but you can build a new life by changing your actions immediately and I'm here to show you how to make the changes that will create the new lifestyle you dream of: body, mind, and spirit. Best of all, you will start celebrating right away!

Come on, my friend. Let's get started! By opening this book, I'll show you how to unlock every tool you need to lose weight and get fit —and stay that way for the rest of your life. Success can be yours, what are you waiting for?

-Chantel

作者介绍:

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