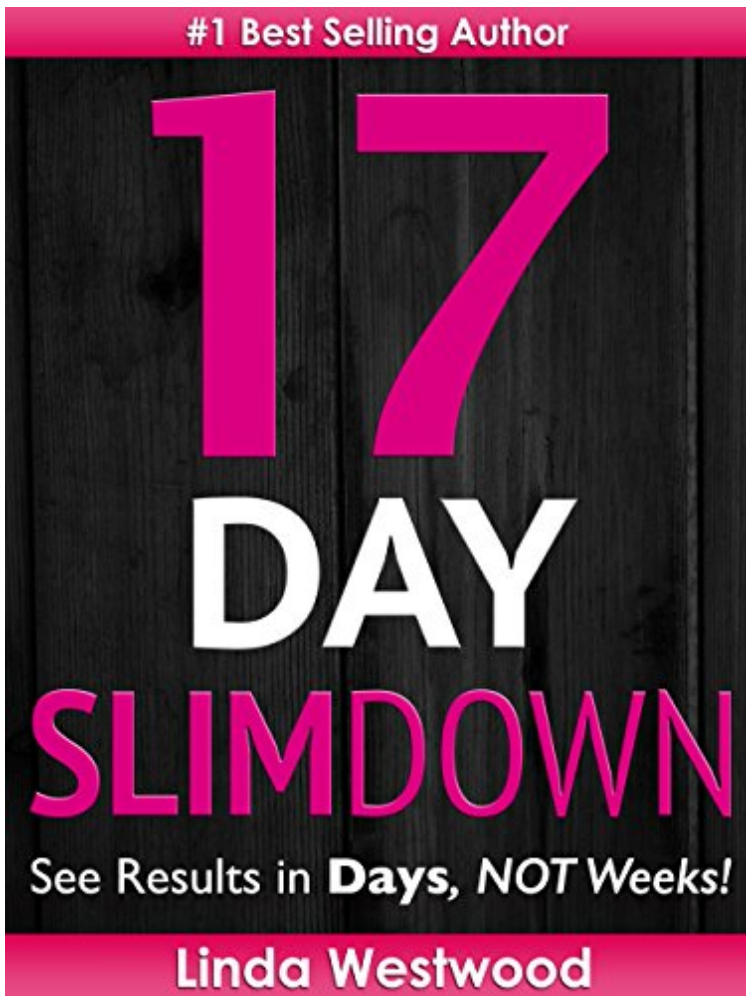


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# 17-Day Slim Down (2nd Edition): Flat Abs, Firm Butt Lean Legs - See Results in Days, NOT Weeks! (Exercise) (English Edition)



*Par Linda Westwood*

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## Description :

Prsentation de l'diteurThe ULTIMATE 17-Day Body Transformation! See Weight Loss Results in Days, NOT Weeks!FREE BONUS INCLUDED: If you download this book, you will get a FREE DOWNLOAD of Linda Westwood's best selling book, Quick Easy Weight Loss: 97 Scientifically PROVEN Tips Even For Those With Busy Schedules!From the best selling author, Linda Westwood, comes 17-Day Slim Down: Flat Abs, Firm Butt Lean Legs - See Results in Days, NOT Weeks! This book will transform your body forever - you will finally lose weight, develop the lean legs you have always wanted, and be motivated to eat healthy and workout hard! The best part is that this is Linda's 2nd edition, which means new updated content (with bonus sneak peeks at the back)!If you feel like you need to give your weight loss a HUGE kick-start... If you

feel like you're ready for a full-body transformation... Or if you want to see results FAST (in DAYS instead of WEEKS)!Then This Book Is For You!This book provides you with a step-by-step plan that will have you transforming your entire body - especially your abs, butt and legs - in ONLY 17 DAYS!It comes with the information, recipes, workouts, and all the steps that you need to know! Are you ready to look and feel slimmer, healthier, and sexier than you have in years? Then check out this 17-Day Slim Down plan, and start transforming your life TODAY! If you successfully implement this 17-Day Slim Down, you will Start losing weight without working out as hard Begin burning all that stubborn fat, especially belly fat, thigh fat and butt fat Say goodbye to inches off your waist and other hard-to-lose areas Learn how you can live a healthier lifestyle without trying Transform your body and mind in less than 3 weeks Get excited about eating healthy and working out - EVERY TIME!Tags: weight loss, how to lose weight, slim down, six pack abs, lose weight, burn fat exercises, how to get skinnyPrsentation de l'diteurThe ULTIMATE 17-Day Body Transformation! See Weight Loss Results in Days, NOT Weeks!FREE BONUS INCLUDED: If you download this book, you will get a FREE DOWNLOAD of Linda Westwood's best selling book, Quick Easy Weight Loss: 97 Scientifically PROVEN Tips Even For Those With Busy Schedules!From the best selling author, Linda Westwood, comes 17-Day Slim Down: Flat Abs, Firm Butt Lean Legs - See Results in Days, NOT Weeks! This book will transform your body forever - you will finally lose weight, develop the lean legs you have always wanted, and be motivated to eat healthy and workout hard! The best part is that this is Linda's 2nd edition, which means new updated content (with bonus sneak peeks at the back)!If you feel like you need to give your weight loss a HUGE kick-start... If you feel like you're ready for a full-body transformation... Or if you want to see results FAST (in DAYS instead of WEEKS)!Then This Book Is For You!This book provides you with a step-by-step plan that will have you transforming your entire body - especially your abs, butt and legs - in ONLY 17 DAYS!It comes with the information, recipes, workouts, and all the steps that you need to know! Are you ready to look and feel slimmer, healthier, and sexier than you have in years? Then check out this 17-Day Slim Down plan, and start transforming your life TODAY! If you successfully implement this 17-Day Slim Down, you will Start losing weight without working out as hard Begin burning all that stubborn fat, especially belly fat, thigh fat and butt fat Say goodbye to inches off your waist and other hard-to-lose areas Learn how you can live a healthier lifestyle without trying Transform your body and mind in less than 3 weeks Get excited about eating healthy and working out - EVERY TIME!Tags: weight loss, how to lose weight, slim down, six pack abs, lose weight, burn fat exercises, how to get skinnyBiographie de l'auteurTo get the most out of life, we need to be the healthiest beings we can possibly be. Only then can we succeed and take the other areas of our lives to the next level. Linda Westwood is a #1 Best Selling author of various books about weight loss, dieting, exercise programs, and everything nutrition. Residing in San Francisco, California, Linda has been in the nutrition field for over 15 years, and has now begun sharing her knowledge and educating people around the world about living a healthy lifestyle. In her books, Linda provides daily action plans and fantastic advice on how to lose weight, burning fat in those hard to lose areas, better eating habits, morning rituals that lead to a healthy body, and so much more. When not writing, Linda likes to look after her two kids, read, exercise and explore the world.