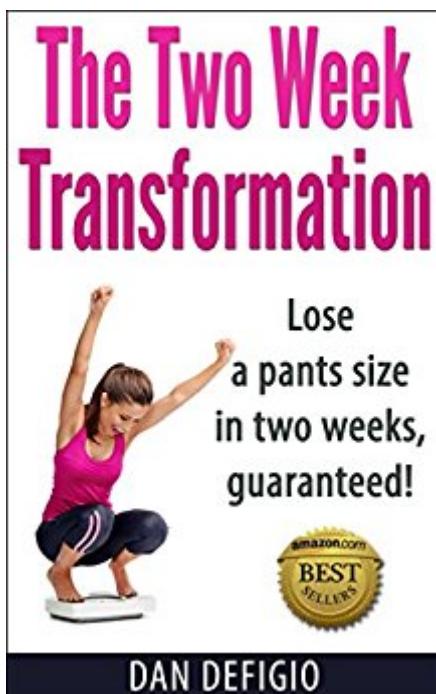


The book was found

The Two Week Transformation: Lose A Pants Size In Two Weeks! Detox Diet Plan For Quick Weight Loss And Health



Synopsis

Lose a pants size in two weeks, guaranteed! Are you sick of endlessly struggling with complicated diets and detox plans that are impossible to keep up with? The Two Week Transformation is a simple, straightforward system that will start to change your body in just two weeks. So many times people beg "Just tell me what to do and I'll do it!" Well, here you go: A simple guide that tells you exactly what to do for the next two weeks -- what you should (and shouldn't) eat, recommended supplements, exercise tips, and some extra credit options too, if you want to really get serious. If you follow this two-week plan exactly, you're guaranteed to lose at least one pants size, and you will feel fantastic! Here's why you'll love The Two Week Transformation: It's an easy detox plan that DOESN'T involve complicated phases, measuring portions, or starving yourself. You'll get proven nutrition secrets for maximum fat loss. You'll be energized and feel great! You'll learn how to stop sabotaging yourself and finally find a way to lose weight quickly and easily. Get the kickstart you've been waiting for, and start your Two Week Transformation right now! best-selling author Dan DeFigio shares the proven solutions that are guaranteed to make you (at least) one size smaller in just two weeks! (Dan is the author of Beating Sugar Addiction For Dummies -- you may have seen him on The Dr. Phil Show, in SELF Magazine, or in Woman's World)

Book Information

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Customer Reviews

This book contains sound advice, even if you're not particularly worried about your weight. If you like this book, and I know I did, you should check out the other books by this author. I've read a few of them and I find them very motivating!

Before I read this well-written, easy-to-understand book about losing weight this way, I would have said, "No way; it can't be done." After reading it, I see how it CAN BE DONE! This straight-to-the-point author has written that same kind of book. And he backs everything up with scientific and nutritional facts. The great part is you only have to stick to this program for 2 weeks. We can all do that.

This book is full of great advice, some I have heard before some I struggle with...but it is only two weeks. I am going to use this book as a jumping off point. I cannot wait to go to the website for the workout program and nutrition information.

It cannot get any simpler than this. It is a quick, straightforward read. While it is a strict plan, it is definitely more of a lifestyle than a two week crash diet, which I like. Eat at the correct time, eat the correct things, and cut out the refined and processed.

This is a very practical book with a lot of good advice and a workable plan.

This is a very practical book with a lot of good advice and a workable plan. Lots of suggestions and good explanations.

Very informative! Practical plan that everyday people can useeveryday! I plan to try this and watch myself transform into a healthier, Happier person!

I like this little because it gives a lot of information in a short ebook. I like that everything is very precise. I was never questioning what he meant. I recommend this little ebook for those people who

are in a hurry and have no time to sit and read for hours

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