



Women's Health & Fitness: Fat To Freedom (A Beginners Guide to Incredible Health, Fitness, and Permanent Weight Loss) (Diet, Exercise, and Nutrition Motivation for Women)

Ryan Richards

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As a personal trainer and nutrition specialist, time and time again I see people falling victim to fad diets, easy weight loss solution scams, and false promises of the perfect body overnight. This book is for those who are tired of ongoing weight fluctuations and are serious about losing weight for good!

If you're ready to transform your mind, body, and life but not sure where to start, you've come to the right place. Unlike any other, this book offers an easy to understand, unique approach to training, proper eating, and goal setting in a fun, exciting, and most importantly, achievable way.

This book only teaches proven, effective methods for everything from quickly burning away body fat, to stopping food cravings, to getting rid of cellulite naturally. So without further ado, let's take massive action and get started changing your body and your life!

Tags: womens health, women fitness, food and diet, female motivation, nutrition, weight loss, gym, personal trainer, dieting book, exercise books, weight loss guide

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