



How to Lose 100 Pounds

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Losing 100 pounds is NOT easy! This book is NOT filled with the latest promises and solutions for fast weight loss. You can find plenty of other books on those topics if you're not ready to give up the rollercoaster ride just yet. What you will find here is a series of blueprints to help you to find the motivation and tools that you will need to go the distance with any weight loss plan. This book is written by a "regular" woman losing 100+ pounds who has found a number of strategies that has helped her to FINALLY start a weight loss plan that has actually become fun and inspiring. This blueprint can help you too. If you're ready to lose the weight and change your life, whether it's 100 pounds or 20 pounds, then "How to Lose 100 Pounds" is for you!

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