



Creating YOUR Plan for Weight Loss Success (How to Lose 100 Pounds)

P. Seymour

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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 roller coaster ride just yet.

What you will find here is a blueprint of tips and ideas for getting started...an outline of sorts for designing a plan that will work for YOU.

This is a quick read from a real woman who is on a journey to lose 100+ pounds. These ideas helped her to FINALLY start a weight loss plan that actually became 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 "Creating YOUR Plan for Weight Loss Success" is for you!

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