



## 2 Book Set: Walk Eat Yourself Thin - How to Lose Weight While Still Eating Several Meals Per Day and Power Walking - How to Burn Belly Fat by Walking 10,000 Steps (

By Sophie Danielson

Createspace, United States, 2015. Paperback. Book Condition: New. Combined. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.2 BOOK SET (11,000+ words) Book 1: Walk Eat Yourself Thin - How To Lose Weight While Still Eating Several Meals Per Day Have you ever tried to lose weight, but found it very hard to stick to it? Well, now you don't have to starve yourself. In fact, you can eat several nice meals per day learn how walking 10,000 steps makes you lose weight, just by reading The Walking For Weight Loss Eating Plan To Burn Belly Fat Fast! You will learn: - The Main Reasons for Unwanted Weight Gain - Everything You Need to Know About Metabolism - How To Achieve Long-Term Success - Why You Don't Need To Pay For Diet Companies or Diet Pills - Why Balance Is Important - How To Eat Yourself Thin - Foods You Should Avoid For Weight Loss - Your New Healthy Shopping List - How to Optimise Losing Belly Fat by Walking - The Process of Walking to Burn Fat - The Clever Way to Drop Pounds - The True Reason Why Walking Burns...



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