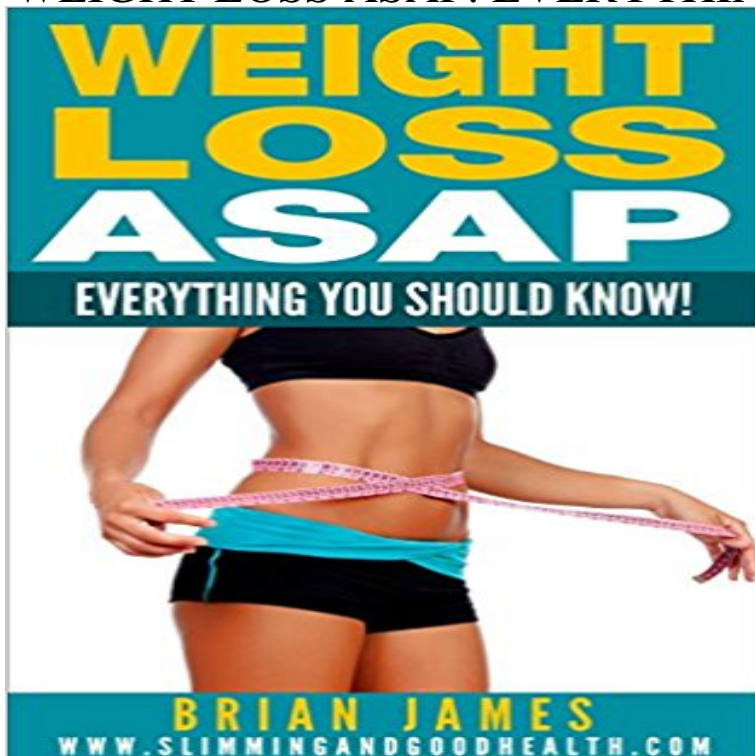


## WEIGHT LOSS ASAP: EVERYTHING YOU SHOULD KNOW!



You may or may not be aware that crash diets never result in long-term fat loss. In fact, they are more likely to be the source of long-term fat gain and become too hard to maintain. The body gets low on energy and causes a craving for high-fat and high-sugar foods. When you finally give up and eat those foods, the possibility is that you'll consume more calories than you need, resulting in intense fat gain. Sound familiar? There is a real solution - in **WEIGHT LOSS ASAP - EVERYTHING YOU SHOULD KNOW!** (Brian James) - If you're thinking of going on a new diet - and have failed in the past - you're going to love this book!

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