



## Beginner s Guide to Ultimate Weight Loss for Busy Parents: Everything You Need to Know to Get Into the Best Shape of Your Life, While Balancing Parenthood!

By MR Andre Fraser

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is a no fluff book that has been condensed down to the essential secrets of weight loss for busy parents like you. I know you are strapped for time and promise you that you can read it in less than 2 hours while sitting in bed on Saturday morning drinking your coffee. You won't find 100 pages of exercises, cover models and recipes, those are a dime a dozen. Who has 24 hours to read a book when you have tons of kids activities, honey do list? Plus, if you are like me, you probably have a few 300 and 400 page weight loss books lying around in your basement or library. The goal of this book is to teach you how to replicate the best weight loss tactics my 20 plus years of scouring books, magazines, videos, seminars have taught me. You just need to spend 2 hours reading my story on how I ended up gaining a six pack of abs, dropping over 20 pounds and losing 8 body fat-all in less than six months! This...



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