



## Weight Loss Motivation Box Set 3 in 1: Loose 10 Pounds in 14 Days with 117 Proven Weight Loss Instruments + Two Week Diet Plan!: (How to Lose Weight in 10 Days, Weight

By Imogen Harbor, Senior Lecturer in Law Catherine Williams, Samantha Johnson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Weight Loss Motivation BOX SET 3 IN 1: Loose 10 Pounds In 14 Days With 117 Proven Weight Loss Instruments + Two Week Diet Plan! BOOK #1: Weight Loss Motivation Secrets: 33 Proven Life Hacks on How to Stick to a Fitness Program or Diet This book offers you 30 weight-loss motivational hacks to help you to stick to a diet and fitness program in 7 days. When trying to keep yourself on target of reaching your goals in weight-loss and fitness can be very difficult to stay motivated. We all know that we have experienced this at one time or another in life. The suggestions and tips in this book offer you positive ways to help yourself to reach your personal goals in weight-loss and fitness. Having a game plan is an important part in being successful in reaching goals in anything whether it is in weight-loss, work or other aspects of your life. You need a game plan to help you keep focused on the goals that you want to reach. By using the motivational tools...



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