



# **Lose Weight In A Week: Simple Tips To Lose 10 Pounds In 10 Days! Detailed Diet And Exercises (I want to be skinny)**

*Helen Chrirstern*

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## **Lose Weight In A Week: (FREE Bonus Included)**

### **Simple Tips To Lose 10 Pounds In 10 Days! Detailed Diet And Exercises**

This book is your guide to losing extra weight. In this book, first, I have shared what are the major causes of obesity. There are several reasons why you get fat. For those who want help with losing weight, I have shared how to identify the cause behind their weight gain. If you know why you are gaining weight, it would be easier for you to control that. I have also shared some tips and tricks that you can follow to develop some healthy habits that would help you lose weight or maintain your ideal weight. There are some recipes too that I have shared with my readers. These recipes are absolutely delicious but the best thing about them is that they are low-calorie diets. You can enjoy eating yummy stuff and at the same time, you can also avoid gaining weight. There are also some tips and exercising plans for people who want to reduce their weight in short periods of time. If you follow the plans, you would not only be able to lose weight, it would also help you maintain your ideal weight.

### **The chapters I have in this book include:**

- Chapter 1 - Identify the Causes of Obesity
- Chapter 2 - Healthy Habits to Getting Rid of Excessive Body Fat

- Chapter 3 - Effective 10-day Diet Plan for Weight Loss
- Chapter 4 - Famous Exercises Programs with Proven Benefits
- Chapter 5 - Simple Diet and Exercise Plan to Lose 10 Pounds in 10 Days

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