



INSTANT WEIGHT LOSS: 21 Best Diet Tips Ever - 21 Pounds in 21 Days

Melanie Smyth

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If you'd like to lose body fat in the fastest way possible... so you look better, feel better about yourself, and get noticed more... then you'll definitely want to read this book.

Here's why:

My name is Melanie Smyth. I left college, got a job and just got caught up in the 9-5 grind. I would sit on my lunch in the staff room getting takeaways and eating from the vending machine. Drinking 4 cans of soda a day and sometimes 3-4 packets of crisps. I wanted to lose weight but diets were a losing battle.

I went from a size 10 to 16 in a matter of 5 years and it really affected how I felt about myself. It affected me mentally, emotionally and physically.

With all this unwanted fat on my body... I felt VERY insecure and self-conscious when I went to the pool or gym so I stopped going. I HATED getting in a swim suit or being surrounded by slim girls.

I never looked in the mirror because I just didn't like what I saw. I'd get winded and lose my breath even climbing the stairs. Tidying the house became a full day job so my Saturday was gone.

I didn't feel very attractive and often felt worried about how others saw me. I had very little confidence and self esteem.

Believe me, if you're overweight, out of shape, and just don't have the body you want... I completely understand how you feel because I've been there.

That's why I want to let you know how happy I am that I was FINALLY able to drop a few dress sizes and transform my body using a few "secret tips" that I'd like to share with in this book.

I lost over 30 pounds in 14 weeks using a secret that I used from reading Think And Grow Rich. What the secret did was changed my thinking, which gave me the ideas for the tips in this book.

On my journey I applied all the tips that I will share and it really was like INSTANT WEIGHT LOSS as my hips and thighs shrunk from week to week.

From my transformation everyone has been asking me my real secret so I gave them some guidance. I have seen transformation in friends and work colleagues from using even a few of my tips, some of them had been struggling with their weight a lot longer than me.

Seeing the changes in these women I decided that I needed to disclose the ideas to women out there that like me really want to fit into their preferred dress size.

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