

Extreme Weight Loss Secrets Plr

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This book teaches you how to be aware of your day to day eating and exercise routines and how to boost your metabolism naturally, without pills, as well as cut down on your calorie intake so that you are not starving yourself. This book is not only filled with common sense tips and a solid diet blueprint for you to follow, but it also talks about some of the mental challenges that face dieters. These are rarely discussed in diet books that concentrate mostly on foods that you cannot have and those that you must eat. While certain foods should be avoided during this diet, this book will also teach you the correct frame of mind that you need when trying to lose 20 pounds in 3 weeks. Losing weight is more than just dieting, it is a mindset. And in order to have this mindset, you have to be able to re-train your mind to think a certain way. When you buy "Extreme Weight Loss Secrets" you will get step by step instructions on how to do this without having to drastically change your way of life. Instead, you will make moderate changes to your lifestyle that will not only make you lose weight, but also be healthier mentally as well as physically. If you have been like I was, struggling to lose weight and not getting anywhere with it, then this book will teach you a different technique that is not taught by anyone because most people usually want to sell you a product or a service. This is free and it works better than any other weight loss plan out there. PLR: Yes - Can be sold Yes - Can be packaged Yes - Can be edited completely Yes - Can claim authorship Yes - Can be offered through auction sites Yes - Can be added to a paid membership site for personal use only No - Can sell resale rights No - Can sell private label rights

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