



Bikini Body NOW: 14-Step Power Plan to End Bikini Stress!

Linda Westwood

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From the Best Selling weight loss writer, Linda Westwood, comes Bikini Body NOW: 14-Step Power Plan to End Bikini Stress!. This book will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health! If you feel like you need to give your weight loss a kick-start... If you feel like you're ready for a full-body transformation... Or if you're just sick of working out and seeing NO results... THIS BOOK IS FOR YOU! This book provides you with a 14-Step Power Plan that will have you transforming your entire body - especially your abs, butt and legs - in ONLY 14 STEPS! It comes with the information, workouts, and all the steps that you need to know! Are you ready to look and feel slimmer, healthier, and sexier than you have in years? Then check out this 14-Step Power Plan, and start transforming your life TODAY! If you successfully implement this 14-Step Power Plan, you will... • Start losing weight without working out as hard • Begin burning all that stubborn fat, especially belly fat, thigh fat and butt fat • Say goodbye to inches off your waist and other hard-to-lose areas • Learn how you can live a healthier lifestyle without trying • Transform your body and mind in less than 3 weeks • Get excited about eating healthy and working out - EVERY TIME!

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