



# **Fast Weight Loss For Dumpies: 4 different diet programmes show you how to lose 10lbs in 7 days and get in shape without exercise**

*Martin Helm*

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# **Fast Weight Loss For Dumpies: 4 different diet programmes show you how to lose 10lbs in 7 days and get in shape without exercise**

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## **Fast Weight Loss For Dumpies: 4 different diet programmes show you how to lose 10lbs in 7 days and get in shape without exercise** Martin Helm

Fast weight loss for dumpies; lose 10lbs in 7 days (booklet approx. 30 Kindle pages)

If you could lose 10 lbs in weight this week – quickly and easily, without willpower or exercise - how would that make you feel? Honestly? It would feel just great, wouldn't it?

Well, you're not alone - I've done it and so can you.

So, stand on the scales and look at what they say. Now imagine doing the same thing in 7 days' time and see them showing 10 lbs less ... and it was all so easy. Feeling better now?

Maybe you've got a special occasion looming ... one where you want to look your very, very best.

It might be a job interview, a wedding, a dinner-dance or a beach holiday. Or perhaps you've overdone it a little recently and want to shed the extra pounds that seem to have settled round your waist.

But somehow that flab just won't go away. Even if it isn't extreme, it seems to get bigger every time you see it in the mirror. And it just feels uncomfortable when you struggle to do up your zip or your buttons. Sound familiar?

You just know it's going to ruin your special day. You want to shift that ton of weight ... fast ... but you haven't got much time.

Normal diets don't work – in fact most diets only make you fatter. So what can you do? Remember you haven't got much time.

If you want a weight-loss programme where you eat carefully measured quantities of food, counting the calories, balancing your hormones, exercising 4 times a week and ending up looking like a movie star after six months or more of dedicated action, then I'm afraid I can't help you. Not in this book anyway.

But if you want to ditch a load of surplus weight, without any sweat or pain, and you only have a week or so to do it, then this programme is for you.

Imagine shifting 7-10 pounds in a week - or if you've got a bit more time how about 14 pounds or more in a month? I've done both, depending on how long I had before the occasion. And I've used four different programmes, not always the same one.

This eBook contains detailed action plans for four entirely different weight-loss plans. You are not committed to any particular one. They all do a brilliant job – I've used every single one on different occasions and can vouch for their effectiveness.

On every programme I lost the weight I required ... and never once did any exercise except for walking from the TV room to the fridge and back!

In this programme we reveal

- \* Why being overweight is killing you
- \* Why diets make you fat
- \* A programme where the more you eat the slimmer you get
- \* A one-day-a-week plan to lose 14 pounds in a month
- \* How Beyonce shed 22 pounds in 14 days – full details
- \* A programme used in expensive spa hotels for wealthy customers

You could be 10 pounds slimmer in just 7 days' time!

Read how to do it - now!

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In this era globalization it is important to someone to receive information. The information will make a professional understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of references to get information example: internet, classifieds, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. Often the book that recommended to you personally is Fast Weight Loss For Dumpies: 4 different diet programmes show you how to lose 10lbs in 7 days and get in shape without exercise this reserve consist a lot of the information of the condition of this world now. This kind of book was represented how do the world has grown up. The language styles that writer use for explain it is easy to understand. The writer made some investigation when he makes this book. That's why this book acceptable all of you.

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