



## Ketogenic Diet Crash Course: Seriously Simple 7 Day Guide to Beating Cravings Whilst Turning Stubborn Fat Into Energy (Paperback)

By Robert M Fleischer

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How to turn your body into a fat-burning machine Do you like what you see in the mirror? Are you avoiding social situations, dressing room mirrors or romantic advances because of how you feel about your body? Are you missing out on life? Not being able to enjoy simple activities with your loved ones? What if there really is an effective way to lose 5, 10, 30 or more pounds? If you re reading this then it s a sign that you re ready for a change. Everything happens for a reason and today is your day. Being trim and healthy is very attractive, no matter how we look at it, and highly valued in our society. This we cannot change, but we can take complete control of our own body. Step into your new body. Imagine getting compliments from friends, co-workers and members of the opposite sex. How does that feel? This guide cuts through the misconceptions about the low-carbohydrate diet, giving you the facts and figures, and taking all the guess-work out of losing weight. But this is...



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