



How to Lose 10 Pounds in One Week: They Didn't Think I Could...but I Did!

Natalie Johnson

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Do you have the sudden need to lose ten pounds in just a week? It might be that you are to attend a homecoming dance or you might have been invited to a family reunion. You might even be preparing for the beach season so that you can fit into your sexy swimsuit. This book contains proven steps and strategies on how you can successfully shed 10 pounds in such a short period as a week.

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