



Have Your Cake, Eat It & Still Lose Weight: Complete Guide to Having More Energy and More Confidence

Pete WOOLLARD

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Are you sick and tired of all the fads and diets?

Bored with endless hours in the gym, for very little return?

A few years ago when I first left the Royal Air Force and started to work as a Personal Trainer, I provided training and advice to members of the military and their dependants.

One of the key questions I was asked by some of the Mums I used to train was "Pete, I want to lose the weight I put on after having my kids, I want to drop a couple of clothes sizes, but I hate the gym"...fair enough, I would think as I have never been a great fan of gyms..."oh and I like to eat cake" they would add. You see this was a big part of their life, to meet with other mums and drink coffee and eat cake whilst the kids played.

This got me thinking, after all I too like cake, but I like to feel good and stay in shape.

Is it possible?

Is it possible, to have your cake and eat it?

Yes, I believe it is, without diets, in this book I explain why diets don't work, why they will fail you. I believe you do not need to spend hours and hours in the gym to get results, in fact I have come up with a formula that allows you to Have Your Cake and Eat It!

In this book the SECRETS the Weight Loss Industry didn't want you to know about REVEALED.

How to have more energy than you have ever had, so that you look and feel 10 years younger, and BONUS on 7 Secrets to Happiness along with how to get the most out of ALL areas of your life and FEEL Fifty Shades of Great!

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Warren Ford:

Do you have favorite book? In case you have, what is your favorite's book? Book is very important thing for us to learn everything in the world. Each publication has different aim or even goal; it means that publication has different type. Some people really feel enjoy to spend their the perfect time to read a book. They can be reading whatever they get because their hobby is reading a book. What about the person who don't like looking at a book? Sometime, particular person feel need book if they found difficult problem as well as exercise. Well, probably you should have this Have Your Cake, Eat It & Still Lose Weight: Complete Guide to Having More Energy and More Confidence.

Jetta Butler:

This book untitled Have Your Cake, Eat It & Still Lose Weight: Complete Guide to Having More Energy and More Confidence to be one of several books in which best seller in this year, that is because when you read this guide you can get a lot of benefit upon it. You will easily to buy this kind of book in the book retail outlet or you can order it by way of online. The publisher of the book sells the e-book too. It makes you more easily to read this book, since you can read this book in your Mobile phone. So there is no reason to you to past this guide from your list.

Ruth Barr:

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James Gardner:

A lot of people always spent their own free time to vacation or maybe go to the outside with them family members or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or playing video games all day long. If you need to try to find a new activity that's look different you can read a new book. It is really fun for yourself. If you enjoy the book which you read you can spent all day long to reading a book. The book Have Your Cake, Eat It & Still Lose Weight: Complete Guide to Having More Energy and More Confidence it doesn't matter what good to read. There are a lot of individuals who recommended this book. These people were enjoying reading this book. In the event you did not have enough space to develop this book you can buy often the e-book. You can m0ore very easily to read this book out of your smart phone. The price is not too costly but this book offers high quality.

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