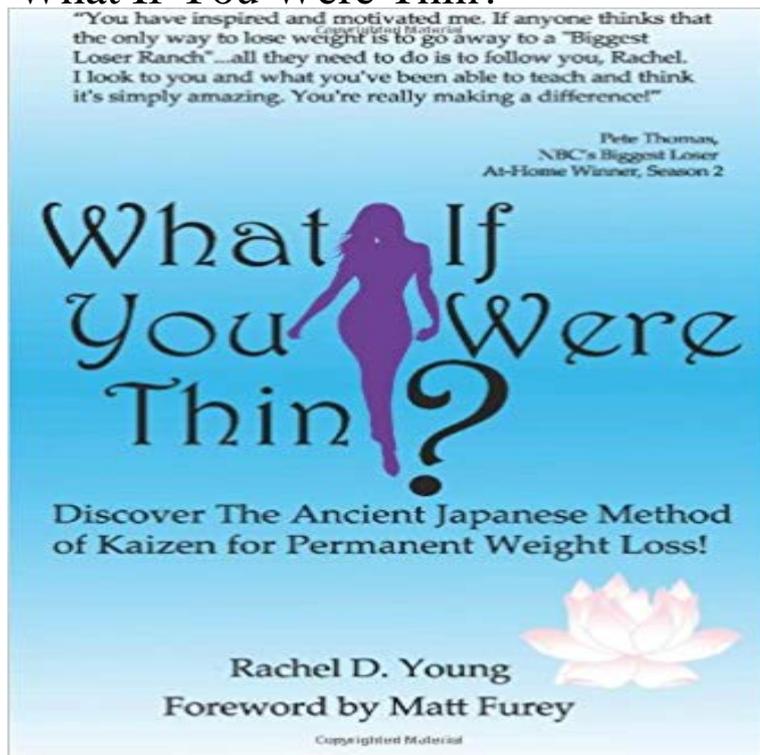


What If You Were Thin?



There are a million weight loss books out there. How do you know if this book is for you? If you eat whenever you can find the time. If exercise is the act of getting in and out of the car to go somewhere. If you cant drive down the street without going through a Drive-Thru first. If you love chocolate more than anything else in the world. If youve ever felt like people were disgusted by watching you eat whenever you go out. If youve tried every diet on the planet and still cant lose the weight. If you feel like you have no control when it comes to food. Its time to conquer your weight loss demons and remove the weight thats bothering you ONCE AND FOR ALL! Having lost over 70lbs using the exact techniques and tips I teach you in this book, I can say with utmost confidence that you CAN and WILL lose the weight - I guarantee it! Now, lets start your weight loss journey together! Rachel D. Young

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