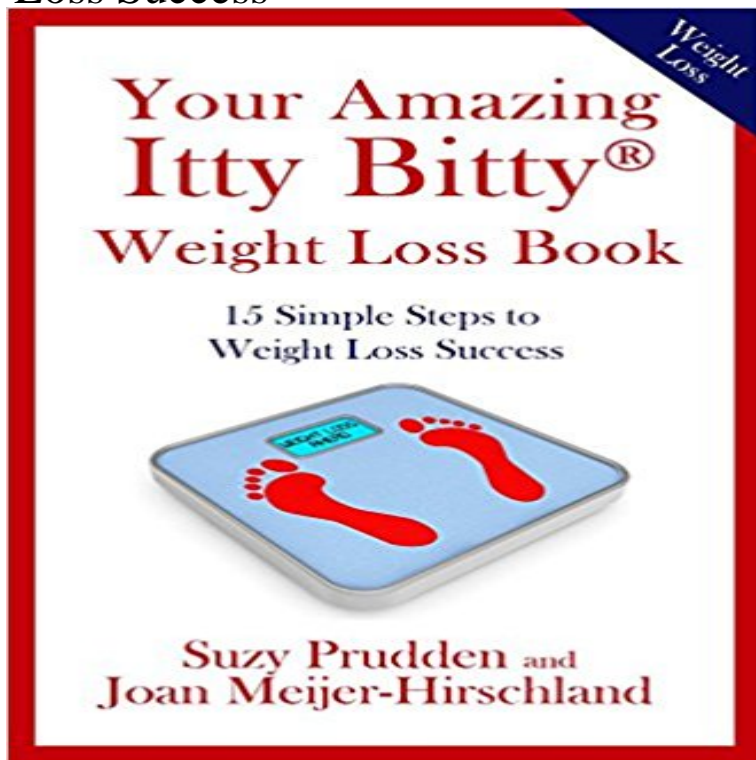


## Your Amazing Itty Bitty Weight Loss Book: 15 Simple Steps to Weight Loss Success



Your Amazing Itty Bitty Weight Loss Book An innovation in weight loss technology 15 Simple steps to weight loss success. Based on the science of how the body needs to be fed and exercised in order to function optimally while losing weight. This itty bitty book is filled with vital information in only a few short pages. Examples Eating one bite of protein first at every meal tells your body you are giving it what it needs to properly sustain itself. Limit your carbohydrate intake to below 60 grams per day and you will lose weight Carbs not Calories are what count. This Itty Bitty Book is a weight loss revolution. The joy of it is that it makes so much sense and its so quick and easy to follow! What Readers Say: I never knew losing weight could be this simple, J. Ackerman Simple steps backed by good information, what a concept, A. Beckwith If reading big diet books is not your thing. Grab a copy of this little book, follow the chapter headings, and start losing weight today.

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