



**[(30 Day Shred Diet Concept : Introductory Fast Weight Loss Book Toward Permanent Health & Wellness)] [By (author) Cathy Wilson] published on (March, 2014)**

*Cathy Wilson*

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# **[(30 Day Shred Diet Concept : Introductory Fast Weight Loss Book Toward Permanent Health & Wellness)] [By (author) Cathy Wilson] published on (March, 2014)**

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30 Day Shred Diet Concept - Introductory Fast Weight Loss Book Toward Permanent Health and Wellness by Cathy Wilson, is an expert educational book highlighting the infamous 30 Day Shred Diet by reality television nutritionist Jillian Michaels. Wilson shows you how to take the practical and highly effective strategies from this diverse and progressive exercise plan. Using them to create the base for your exercise regimen for life! Never mind the 30 day bull! FACT - If you want to blast that last 20-30 pounds off your frame permanently. You are going to have to create new and improved healthy lifestyle habits for life! The Shred Diet Plan for 30 Days serves up everything you need to get this party started to sweat off your rolls and slip into that super sexy string bikini that's going to make guys drop like flies at the sight of you. Wilson enlightens realistically and with logic on... \*The Good, Bad and Downright Ugly of the 30 Day Shred Diet Exercise Routine \*Missing Factors from the Shred Diet Plan \*Can't Have One Without Other - Healthy Eating and Daily Exercise for Fat Blasting! \*How Does Your Body Metabolize? \*Who's the Lying Devil and Who's the Truthful Angel? \*Wakeup Dumbo - There isn't a Perfect Diet Plan Packaged and Ready to Deliver \*Research...Test...Learn...Test Again...And Make Your Own! ...and so much more! Finally, an introductory health & wellness fast weight loss book that shows you how to get healthy and make fat disappear forever and ever.

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