



# **Weight Loss: How to Lose 10 Pounds in 4 Weeks and Keep the Weight Off Forever Using the Steps Method (Weight Maintaining, Losing Weight, Diet, Exercise, Happiness, Healthy)**

*Phil Welson*

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## **Use These Powerful Weight Loss Techniques to Lose Weight and Feel Great Forever**

This book contains proven steps and strategies on how to lose 10 pounds in just 4 weeks.

Most people believe that weight loss can be achieved by either reducing their food consumption or being physically active. These two will surely get the job done in the short term, but most of us who have been on this path before know full well that right after we hit that sought after weight, it will climb right back up to be even worse off than when we started out.

I wrote this book after I was trying for many years to lose those extra pounds that would just not go away. I was almost at a point I was considering the option of surgery, which contradicts my entire life's philosophy. It's the worst thing anyone can do to themselves.

I eventually found a way to lose those pounds without hurting myself or doing something I'm uncomfortable with. In this book we will become a team, with the promise to lose those pounds and never ever see them again.

This path of discovery and change has been so great for me that I simply had to share it with everyone.

If we truly want to lose that extra weight there are a few steps we need to take in order to reach that magical 4-week goal. In this book we will clearly outline these steps and go through them together. They are simple and easy for anyone to follow.

All we have to remember is that Persistence is the key!

**Today only, get this Amazon bestseller for just \$0.99. Regularly priced at \$4.99.  
Read on your PC, Mac, smart phone, tablet or Kindle device.**

## **Here Is What We'll Learn:**

- How to get ready for the change of a lifetime
- How to change our diet and still be satisfied
- How to create a simple diet plan
- How to enjoy special low fat recipes
- How to avoid harmful foods

- The best exercise routine for weight loss
- How to get a good night's sleep and how it helps with weight loss
- Great relaxation and stress relieving techniques that help us lose weight
- And much, much more!

**Take action today and download this book for a limited time discount of only \$0.99!**  
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Tags: Weight Loss, Losing Weight, Weight Maintenance, Diet, Exercise, Weight Loss for Beginners, Meditation for Beginners, Happiness, Stress, Forever, Overweight, Compulsive Eating,

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