



# **How To Lose Weight: Uncover The Truth About 6 Pack Abs And Keeping The Weight Off For Life (How to lose weight, lose weight, lose weight fast, how to lose ... weight off, keep weight off, 6 Pack Abs)**

*Greg Lincoln*

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## **Uncover The Secret To Losing Weight Fast, Having Rock Hard Six Pack Abs And What It Takes To Keep The Weight Off**

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In this book you will learn how to lose weight fast, and the mindset needed to attain your goal. Losing Weight is one thing, but if you also want to keep off that weight you have to change your way of thinking and the lifestyle that you might be living that got you where you are in the first place.

It's never an easy task, because if it was easy every body would do it. It is simple though, and if you just follow what is outlined in this book I can almost guarantee that you will start to see a difference in your life and finally have the body that you've always dreamed of.

### **Here Is A Preview Of What You'll Learn...**

- First, You Need A Why
- Why You Still Can't Lose Weight
- It's Not The Programs That Failed
- Why The Weight Keeps Coming Back
- How To Change Your Mindset
- Different Exercises
- Why Changing Habits Is Vital To Your Success
- Putting Everything Into Practice
- And Much, Much More!

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**Nancy Dabney:**

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**Eileen Williams:**

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**Sam Nielsen:**

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