



Lose Your Inches without Losing Your Mind!: 10 Simple Weeks to a Slimmer Waistline and a Healthier You

Justine SanFilippo

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START LOSING YOUR INCHES WITHOUT LOSING YOUR MIND!

Lose Your Inches Without Losing Your Mind! is a practical and down-to-earth guide to shed inches in a healthy, balanced way and to keep them off...without going completely bonkers!

After hitting many roadblocks and becoming frustrated with every diet she tried in an attempt to lose forty-five pounds and four dress sizes, Justine SanFilippo finally found a simple solution to shed unwanted inches and keep them off for good. Like her, you may have already tried countless diets only to find that you can't keep off the pounds, or even follow the plan. Maybe you are on the verge of losing your mind from all the confusing and conflicting diet information and you are eager for a clear and simple solution to follow. Or, perhaps because you have seen friends and loved ones lose their minds with all sorts of crazy diets, the mere thought of attempting one yourself is almost too much to handle.

However frustrated you are right now, SanFilippo's goal is to show you what worked for her and how it can work for you, too. She will save you the heartache, confusion, and mental exhaustion of dieting while helping you shrink your waistline. If you want to lose inches *and* keep your sanity, then this is the book for you! *Lose Your Inches Without Losing Your Mind!* tells you how to lose those inches *and* keep them off...for good!

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