

17-Day Slim Down (2nd Edition): Flat Abs, Firm Butt & Lean Legs - See Results in Days, NOT Weeks! (Exercise)

By Linda Westwood

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The ULTIMATE 17-Day Body Transformation! See Weight Loss Results in Days, NOT Weeks!

FREE BONUS INCLUDED: If you download this book, you will get a **FREE DOWNLOAD** of Linda Westwood's best selling book, *Quick & Easy Weight Loss: 97 Scientifically PROVEN Tips Even For Those With Busy Schedules!*

From the *Best Selling* weight loss writer, *Linda Westwood*, comes *17-Day Slim Down: Flat Abs, Firm Butt & Lean Legs - See Results in Days, NOT Weeks!* This book will transform your body forever - you will finally lose weight, develop the lean legs you have always wanted, and be motivated to eat healthy and workout hard! The best part is that this is Linda's 2nd edition, which means *new & updated* content (with bonus sneak peeks at the back)!

If you feel like you need to give your weight loss a HUGE kick-start...
If you feel like you're ready for a full-body transformation...
Or if you want to see results FAST (in DAYS instead of WEEKS)!

THEN THIS BOOK IS FOR YOU!

This book provides you with a step-by-step plan that will have you transforming your entire body - especially your abs, butt and legs - in ONLY 17 DAYS!

It comes with the information, recipes, workouts, and all the steps that you need to know!

Are you ready to look and feel slimmer, healthier, and sexier than you have in

years?

Then check out this 17-Day Slim Down plan, and start transforming your life TODAY!

If you successfully implement this 17-Day Slim Down, you will...

- Start losing weight without working out as hard
- Begin burning all that stubborn fat, especially belly fat, thigh fat and butt fat
- Say goodbye to inches off your waist and other hard-to-lose areas
- Learn how you can live a healthier lifestyle without trying
- Transform your body and mind in less than 3 weeks
- Get excited about eating healthy and working out - EVERY TIME!

Tags: weight loss, how to lose weight, slim down, six pack abs, lose weight, burn fat exercises, how to get skinny

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Editorial Review

Review

"Awesome book on slimming down your body AND getting amazingly fast results! Definitely check out this book if you want to lose weight! FAST."

-- *Johnny Risto*

"A powerful, instructive and informative health manual by Linda. Look no further."

-- *Al-Khemet Book Club*

"Plain and simple, yet profound and written well, and with this low price, it is worth every penny!"

-- *Adriana Sophie Bustami "Citadella"*

"Frankly, the most awesome thing is that the book doesn't just stop at 17 days. Ms. Westwood suggests ways to maintain your newfound fitness, supplying a killer shopping list that will keep you on track and the weight off. Don't be fooled: This is one of the best fitness books you can buy."

-- *C. Shaw*

"Best part, this book is realistic. If you want to lose weight in a short period of time and keep it off, give this book a try. I lost 6lbs. Need I say more? My favorite part was the recipes. After all, you are what you eat. Well worth it and exceeded my expectations."

-- *Jibran Qazi*

About the Author

Linda Westwood is a #1 Best Selling author of various books about weight loss, dieting, exercise programs, and everything nutrition. In her books, Linda provides daily action plans and fantastic advice on how to lose weight, burning fat in those hard to lose areas, better eating habits, morning rituals that lead to a healthy body, and so much more.

Users Review

From reader reviews:

Waldo Gates:

Hey guys, do you desire to find a new book you just read? Maybe the book with the concept 17-Day Slim Down (2nd Edition): Flat Abs, Firm Butt & Lean Legs - See Results in Days, NOT Weeks! (Exercise) suitable to you? The actual book was written by famous writer in this era. The particular book entitled 17-Day Slim Down (2nd Edition): Flat Abs, Firm Butt & Lean Legs - See Results in Days, NOT Weeks! (Exercise) is the main of several books that everyone read now. This specific book was inspired a number of people in the world. When you read this reserve you will enter the new age that you ever know before. The author explained their idea in the simple way, thus all of people can easily to recognise the core of this guide. This book will give you a wide range of information about this world now. So you can see the represented of the world on this book.

Larry Parrish:

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Sylvia Cunningham:

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Hilda Dolan:

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