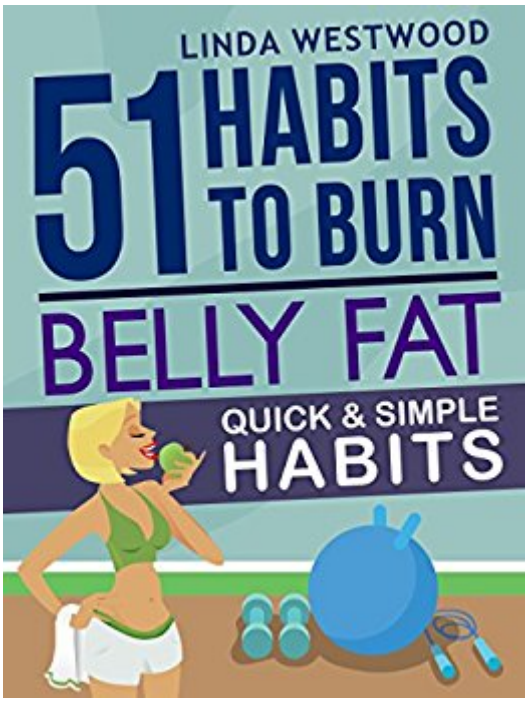
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Belly Fat (3rd Edition): 51 Quick & Simple Habits To Burn Belly Fat & Tone Abs!



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Synopsis

Are YOU Ready to MELT Your Belly Fat FOREVER? Discover 51 Quick & Simple Habits to Burn Belly Fat & Tone Abs!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 author, Linda Westwood, comes Belly Fat: 51 Quick & Simple Habits to Burn Belly Fat & Tone Abs! This book will help you get rid of your belly fat, lose more weight, and tone your abs! The best part is that this is Linda's 3rd edition, which means NEW & UPDATED content (with bonus sneak peeks at the back of the book!).If you're someone who is struggling with losing those last few pounds from your mid-section, then this book will definitely help YOU!This book provides you with 51 of the most powerful and effective habits that will work together to make your belly fat melt effortlessly. Along with discovering what these habits are, you will also learn why they are beneficial to add into your life, followed by strategies that show you EXACTLY how you can implement them in your life immediately! What This Belly Fat Book Will Teach YouAre you ready to look and feel slimmer, healthier, and sexier than you have in years? Then check out these habits that YOU are currently missing out on!If you successfully implement these habits, you willÃ¢â ¬Â|Ã¢â ¬Â¢ Start seeing your belly fat melt away effortlessly Ã¢â ¬Â¢ Begin burning all that stubborn fat, especially belly fat, thigh fat and arm fat Ã¢â ¬Â¢ Say goodbye to inches off your waist and other hard-to-lose areas Ã¢â ¬Â¢ Learn how you can live a healthier lifestyle without tryingÃ¢â ¬Â¢ WANT to eat healthy foods so that dieting will never be hard again Ã¢â ¬Â¢ NEVER feel tired or exhausted in your day - EVER AGAIN!So, what are you waiting for? Download your copy TODAY!Tags: belly fat, how to get rid of belly fat, burn belly fat, tone abs, six pack abs, lose belly weight, lose belly fat

Book Information

File Size: 1141 KB

Print Length: 116 pages

Simultaneous Device Usage: Unlimited

Publisher: TopFitnessAdvice.com; 3 edition (January 11, 2015)

Publication Date: January 11, 2015

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00S4U5MF6

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #125,337 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #7 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #22 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #186 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Fat

Customer Reviews

This book is really amazing. Linda does a wonderful job of giving tons of great tips that make losing weight super simple. It really does all come down to habits. Some of these are quite clever like drinking green tea and swapping foods that you normally eat for ones that are healthier. Eating breakfast is also something I neglect to do, but can see how it really would speed up your metabolism. With 51 tips, you really get your money’s worth from this book. The point is that you don’t have to have all of the tips in order to make progress. By combining and mixing and matching tips together there is something here for everyone!

This book is very interesting, but it is not really what it says on the cover. There are various habits presented in it that would certainly help with losing weight, but they are not "quick" and they are not targeted on the "belly fat". Habits by definition can’t be quick, it takes time to build habits. But that aside, they make sense and they are helpful, although some of them are too obvious (skip dessert, stay hydrated ÃƒÂ¢Ã â ¬Ã â œ fascinating, never heard of it!)Everyone would benefit from implementing these habits into his/her life, but that is not so easy and this book can only help as a guide. Most of the work still depends on the person. But it is a good book and it has value. Recommended.

Cannot express how much this is a fantastic book. There are so many habits and even more than the ones listed. For habits that are a bit more difficult to quit (such as quitting soda for me) the guide provides healthier alternatives. It’s really easy to tell that this book wasn’t lazily written. Every habit has a good purpose and also has its pros and cons and I already know what habits to switch to first

so I have a clear ticket to losing belly fat. Very impressed with the author’s creative approach.

There are many things that can make us or break us as an individual and one of them would be our habits. This book lists down several habits that can help us stay healthy and fit. Now, these habits and tips are not secrets, you might have read them somewhere, but of course in time, you will not be able to remember them and going back to refresh your memory will not be that easy especially if you read them from different websites and articles. This book collates all of those and puts them in a handy book that you can refer to anytime. The way the habits are written is very simple so understanding them would be a breeze. I say this book is totally good!

This book contains the right information to lose weight. Dieting doesnÃƒÂ¢Ã â ¬Ã â„¢t help you lose weight, but changing the way that you eat and the way that you think about food will help you lose weight and keep it off forever. The 20 healthy habits in the book is very effective and not at all boring. Try to implement one or two habits at a time and once youÃƒÂ¢Ã â ¬Ã â„¢ve got those down try a few more. Eventually you will find yourself with a balanced life and a lot less belly fat. I love the morning habits mentioned at the last part of the book. It is really amazing!

I enjoyed this short read. Although I work out regularly, practice many of the stress reduction techniques mentioned, and work at living heathily, I found myself taking notes of many things mentioned that I need a firmer commitment on. Very clear and well written and organized as well. Thank you!

I interpret these "habits" as tips because I never really had what it took to break my habits so for the past several days, I’ve been picking eating and workout tips each day and I’m noticing some encouraging results. Belly fat trimmed a little bit. I think the trick is to always choose at least one workout and eating habit and if you cannot stick to it, cycle to another. Been working well for me so far. I really like how each habit is thoroughly explained.

The book has simple and effective information that could be the start for a flat belly. All you need to know about diet, exercise, giving up bad habits, foods you should eat, sleep routine, exercises. The information about postures was new for me and seems great. The book lists down the tips, tricks, methods and advice which will make you lost fat in the most natural way without interfering with the body functioning. Excellent information!

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