



# Learn How to Lose 10 Pounds in 7 Days

*Jordan Phelps*

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## **Learn How to Lose 10 Pounds in 7 Days** Jordan Phelps

The goal of Learn How to Lose 10 Pounds in 7 Days without Exercise is to teach you the right way to cleanse your body so you can achieve the weight loss results that you want and deserve.

Even if you have unsuccessfully tried to lose weight in the past and were left wondering, “Why can’t I lose weight?” you can still benefit from the tips and advice that you will find in this book. The thought of you losing weight may seem impossible, but it’s not!

This book will teach you both what to eat to lose 10 pounds in a week and what to do to lose 10 pounds in a week. Basically, you have nothing to lose except for your excess fat! Check out this book and learn everything you need to know about what to do to lose 10 pounds.

The end results will astonish you, and hopefully after you lose 10 pounds in 7 days you will be well on your way to greater health and wellness for a lifetime.

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