



Weight Loss: Achieve Crazy Weight Loss Using These Simple Habits Starting Today! (Lose Weight, Improve Your Health, Appetite Control, Kill Cravings)

Christopher Bronx

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I Will Teach You The Ultimate Tools For You To Be Able to Achieve Your Goal of Losing Extra Weight and Becoming Lean and Healthy!

- *What Mind Set Should I Have?*
- *What Are My Sources of Consistent, Never-Ending Motivation?*
- Clean Eating: What Foods to Eat? What Foods to Avoid?
- Kill Cravings for Life!
- The Truth About Physical Activity and its Importance
- Mental Secrets for Success
- Exercises for Every day Weight Loss
- And Much More!

My name is Christopher Bronx, and my mission with this book that you are about to read is to help you get out of this trap of life, and really evolve to a better version of yourself. That's a journey I've been through and want to share with you. I want to pass on the lessons I learned, the realizations I had, the knowledge.. I want to help others who are stuck in situation like mine. I've struggled with weight my whole life. I have been through all the scenarios back and forth (you can imagine).

My struggle with weight loss started when I was 16. I blame both my parents for the nutrition in our home and myself for not taking responsibility. I ate the wrong foods, I did no physical activity whatsoever, I used to sit most of the day, and so my health inevitably declined. I grew up and as the years went by i made minor changes in my habits. I went on different diets and tried different combinations of foods, I went from swimming to tennis to playing basketball. Walks on weekends with friends. What not??

As to the publication date of this book (November 2015), I am 29, extremely fit and muscular, lean, healthy, energetic, and in great shape – both in body and mind. My transformation was astronomic.

And Now It's Your Turn As Well! So Go Ahead And Purchase My book - The Price You Pay for is not at all in Proportion to The VALUE you Receive!

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Jean Young:

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Curtis Salas:

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April Miller:

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Charlie Seymour:

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