



**How to Lose 100 Pounds - 6 Book Bundle + 2  
BONUS Books (Creating YOUR Plan, Motivation,  
Goal Setting, Eating, Exercise, Getting Back on  
Track + How to Be Motivated and Resolutions in  
the New Year)**

*P. Seymour*

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# How to Lose 100 Pounds - 6 Book Bundle + 2 BONUS Books (Creating YOUR Plan, Motivation, Goal Setting, Eating, Exercise, Getting Back on Track + How to Be Motivated and Resolutions in the New Year)

*P. Seymour*

**How to Lose 100 Pounds - 6 Book Bundle + 2 BONUS Books (Creating YOUR Plan, Motivation, Goal Setting, Eating, Exercise, Getting Back on Track + How to Be Motivated and Resolutions in the New Year) P. Seymour**

This book is a compilation of the 6 Book Series "How to Lose 100 Pounds".

\*This special bundle edition also includes 2 bonus books that will be very helpful for anyone getting ready to start on their journey to weight loss and health.

\*The first bonus book, "How to Be Motivated" is taken from the 6 book series called "The Personal Transformation Project: Part 1 How to Feel Awesome!" The second bonus book, "Resolutions in the New Year...or Any Time: How to Make a Plan for Transformation" will help you get fired up to make a change ANY time of year.

Losing 100 pounds is NOT easy! This book is NOT filled with the latest promises and solutions for fast weight loss. You can find plenty of other books on those topics if you're not ready to give up the rollercoaster ride just yet.

What you will find here is a series of blueprints to help you to find the motivation and tools that you will need to go the distance with any weight loss plan.

This book is written by a "regular" woman losing 100+ pounds who has found a number of strategies that has helped her to FINALLY start a weight loss plan that has actually become fun and inspiring. This blueprint can help you too.

If you're ready to lose the weight and change your life, whether it's 100 pounds or 20 pounds, then "How to Lose 100 Pounds" is for you!

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Nowadays reading books be a little more than want or need but also work as a life style. This reading routine give you lot of advantages. Associate programs you got of course the knowledge your information inside the book that will improve your knowledge and information. The details you get based on what kind of book you read, if you want get more knowledge just go with schooling books but if you want truly feel happy read one using theme for entertaining for instance comic or novel. Often the How to Lose 100 Pounds - 6 Book Bundle + 2 BONUS Books (Creating YOUR Plan, Motivation, Goal Setting, Eating, Exercise, Getting Back on Track + How to Be Motivated and Resolutions in the New Year) is kind of guide which is giving the reader erratic experience.

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