



Superfast Weight Loss for Women

Dean Geddes

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The 2 Fuel Tanks weight loss system is designed for busy people who still want to enjoy wine and chocolate. Having specialized in creating weight loss lifestyle programs since 1994 Dean Geddes identified a fundamental flaw in traditional weight loss solutions. For weight management to be successful long-term one must continue to eat the foods they enjoy. The traditional approach of calories out versus calories in doesn't work if you have a busy lifestyle. No one really wants to add up their daily calorie intake each and every day and then stress about finding the time to exercise to burn those calories off. Superfast Weight Loss for Women is for those of you who want to lose weight without feeling deprived of foods you enjoy. It will be the best weight loss book you ever read!

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