



# The Extreme Weight Loss Plan: How to Quickly and Easily Lose 20 Pounds or More In 10 Easy Steps

*Ron Kness*

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Many people struggle with weight loss. They lose weight - the same 20 pounds or more over and over again - only to gain it back over time. Wouldn't you like to lose that weight forever - and not gain it back. You can with the information in our plan! The physical aspect of losing weight is easy - just burn more calories than you take in. However, there is also a mental aspect that many weight loss books overlook. Until you are mentally ready to lose weight, you most likely will not be successful. In our book we cover both the mental and physical aspects of losing weight one more time for good. To keep it off, you have to leave your old lifestyle at the door and create a new healthy one. We show you how you can do that through healthy eating and exercise. Now take a journey with us as we learn how to lose those 20 pounds or more again - but this time for the last time.

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