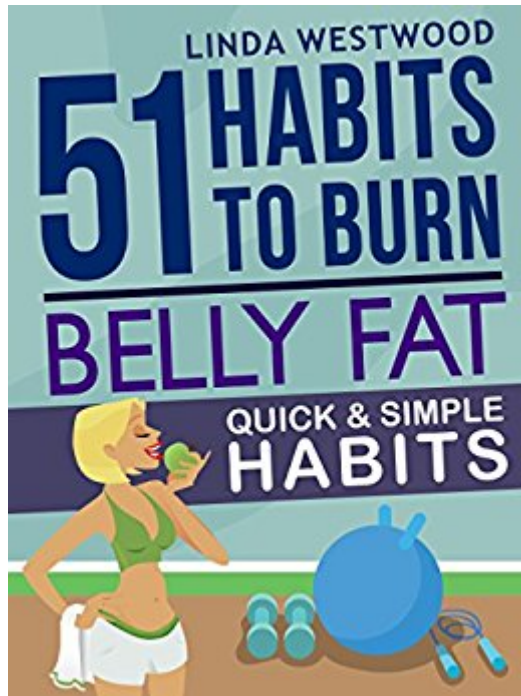


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# Belly Fat (3rd Edition): 51 Quick & Simple Habits To Burn Belly Fat & Tone Abs!



## Synopsis

Are YOU Ready to MELT Your Belly Fat FOREVER? Discover 51 Quick & Simple Habits to Burn Belly Fat & Tone Abs! FREE BONUS FOR A LIMITED TIME ONLY: If you download this book TODAY, you will get a FREE DOWNLOAD of Linda Westwood's best selling book, Quick & Easy Weight Loss: 97 Scientifically PROVEN Tips Even For Those With Busy Schedules! From the Best Selling weight loss author Linda Westwood, comes Belly Fat: 51 Quick & Simple Habits to Burn Belly Fat & Tone Abs! This book will help you get rid of your belly fat, lose more weight, and tone your abs! The best part is that this is Linda's 3rd edition, which means NEW & UPDATED content (with bonus sneak peeks at the back of the book!). If you're someone who is struggling with losing those last few pounds from your mid-section, then this book will definitely help YOU! This book provides you with 51 of the most powerful and effective habits that will work together to make your belly fat melt effortlessly. Along with discovering what these habits are, you will also learn why they are beneficial to add into your life, followed by strategies that show you EXACTLY how you can implement them in your life immediately! What This Belly Fat Book Will Teach You Are you ready to look and feel slimmer, healthier, and sexier than you have in years? Then check out these habits that YOU are currently missing out on! If you successfully implement these habits, you will: • Start seeing your belly fat melt away effortlessly • Begin burning all that stubborn fat, especially belly fat, thigh fat and arm fat • Say goodbye to inches off your waist and other hard-to-lose areas • Learn how you can live a healthier lifestyle without trying • WANT to eat healthy foods so that dieting will never be hard again • NEVER feel tired or exhausted in your day - EVER AGAIN! So, what are you waiting for? Download your copy TODAY! Tags: belly fat, belly fat diet, exercise, exercises, workout routine, lose belly fat, burn belly fat

## Book Information

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## Customer Reviews

The biggest thing I learned out of this was how some foods turn our fat genes "on" causing seemingly irreversible weight gain and uncovers the essential power foods that act directly on those switches, turning them to "off" and allowing for easy, rapid, and sustainable weight loss. In this book you will discover what foods help to facilitate weight loss and the melting of body fat. You will also find out what foods help to keep the fat on the body and thus you can avoid consuming such foods. The book has simple and effective information that could be the start for a flat belly. All you need to know about diet, exercise, giving up bad habits, foods you should eat, sleep routine, exercises. The information about postures was new for me and seems great. The book lists down the tips, tricks, methods and advice which will make you lose fat in the most natural way without interfering with the body functioning. Excellent information! Of course, The results are dependent upon one's actions and efforts.

OK, tell the truth. When you see the title of this book, and look at its cover, here's what you're thinking: This woman wants me to torture myself and suffer intense pain while working out many hours each day. She will also suggest I not eat all the things I like. Like I said, it's not what you expected. A friend recommended this book and I discovered Westwood is recommending common sense things everyone can do to lose weight and get in better shape. One of the most surprising is eat six meals a day. Yes, you read it right. Six. That's twice as many as I'm used to. This is a wonderful, common sense guide to a healthier and longer life. It's written simply and it does not demand anything that the normal person cannot do. Even an extremely obese person, a youngster or a senior citizen can do everything she advises. Learn and apply some or all of Eastwood's 51 habits and it's a pretty good bet you will lose weight, get toned and burn belly fat. I thought I knew it all, but I didn't -- I learned a lot and I'm going to get it done.

This book is really amazing. Linda does a wonderful job of giving tons of great tips that make losing weight super simple. It really does all come down to habits. Some of these are quite clever like drinking green tea and swapping foods that you normally eat for ones that are healthier. Eating breakfast is also something I neglect to do, but can see how it really would speed up your metabolism. With 51 tips, you really get your money's worth from this book. The point is that you don't have to have all of the tips in order to make progress. By combining and mixing and matching tips together there is something here for everyone!

The biggest thing I learned out of this was how some foods turn our fat genes "on" causing seemingly irreversible weight gain and uncovers the essential power foods that act directly on those switches, turning them to "off" and allowing for easy, rapid, and sustainable weight loss. In this book, you will discover what foods help to facilitate weight loss and the melting of body fat. You will also find out what foods help to keep the fat on the body and thus you can avoid consuming such foods. Linda Westwood also outlines some great exercises that will help to reduce the size of the belly. This book is fairly short but is very targeted in its approach providing solid and well established advice to ensuring longterm weight loss. The book breaks everything down to ensure that the reader can achieve results in a safe manner without crash dieting. Indeed an interesting approach to weight loss. Highly recommended

Many people engaged into work out in order to attain a perfect body and tone abs. This book is an essential to those who is struggling in losing those unwanted fats. This book provides 51 of the most powerful and effective habits that will work together in melting belly fat easily. The book also provides effective tips and strategies that are easy to implement. It gives ideas how to live a healthier lifestyle. The book has tons of good information of reducing the weight mindfully, without exerting too much effort. The book is worth to read, straight to the point.

Cannot express how much this is a fantastic book. There are so many habits and even more than the ones listed. For habits that are a bit more difficult to quit (such as quitting soda for me) the guide provides healthier alternatives. It's really easy to tell that this book wasn't lazily written. Every habit has a good purpose and also has its pros and cons and I already know what habits to switch to first so I have a clear ticket to losing belly fat. Very impressed with the author's creative approach.

There are many things that can make us or break us as an individual and one of them would be our habits. This book lists down several habits that can help us stay healthy and fit. Now, these habits and tips are not secrets, you might have read them somewhere, but of course in time, you will not be able to remember them and going back to refresh your memory will not be that easy especially if you read them from different websites and articles. This book collates all of those and puts them in a handy book that you can refer to anytime. The way the habits are written is very simple so understanding them would be a breeze. I say this book is totally good!

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