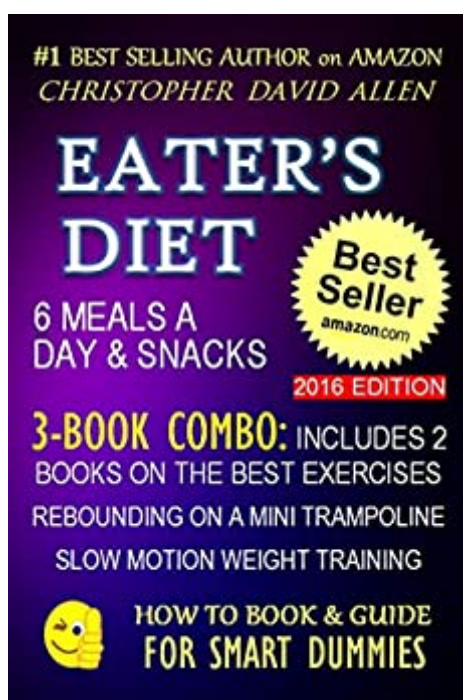


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Customer Reviews

After all these years of failed diets, I've finally found weight loss success. This diet makes sense and the science is there to get you excited. Most import is getting the right exercise and the diet industry does not tell you about Slow Motion Weight Training and Rebounding. a real bargain to get such smart advice and finally do a diet and exercise program that actually works. I'm consistently loosing 2 to 3 pounds a week and I'm getting stronger too ... Much Stronger! These books are worth so much and cost so little and are recommended to anyone who wants to finally get off the fad diets

and fad exercises to achieve success. Lose weight and get stronger with Christopher David Allen is probably going to keep me from an early grave. The very best money I've ever spent and a bargain at a very low price too. If you're serious about losing weight and getting back in shape then spend the \$5 and just do it.

If you love to eat ... This diet and exercise combo is for you. If you want to learn about the two best exercises to increase your weight loss ... The exercise books included in this combo are for you.

WELL DONE DIET BOOK FOR THE MASSESDOCTOR RECOMMENDED AND 5 STARS

This 3-book combo also gives you the skinny on the two best forms of exercise and it all makes perfect sense. Buy this bargain combo!

Christopher David Allen lays out a weight loss plan that really makes sense in his book *Eater's Diet*. There aren't any starvation tactics or serious cut backs here, it's simple - eat six meals a day with snacks to achieve the desired result. Allen states that dieters can succeed with this method by upping the protein and cutting back on carbs and bad fats - not completely eliminating them from the picture. It's realistic. This is a meal plan that anyone can adapt to and succeed with. He also states that exercise is a key component to weight loss and provides a wonderful option for readers with a copy of his rebounding on a trampoline and slow motion weight training guides. Allen gives readers everything they need, and more, to score the body and health of their dreams. The best part is he does it with simple to follow steps, easy to read narratives and realistic goal setting platforms. This is the perfect plan to follow to achieve real goals with little frustration along the way.

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