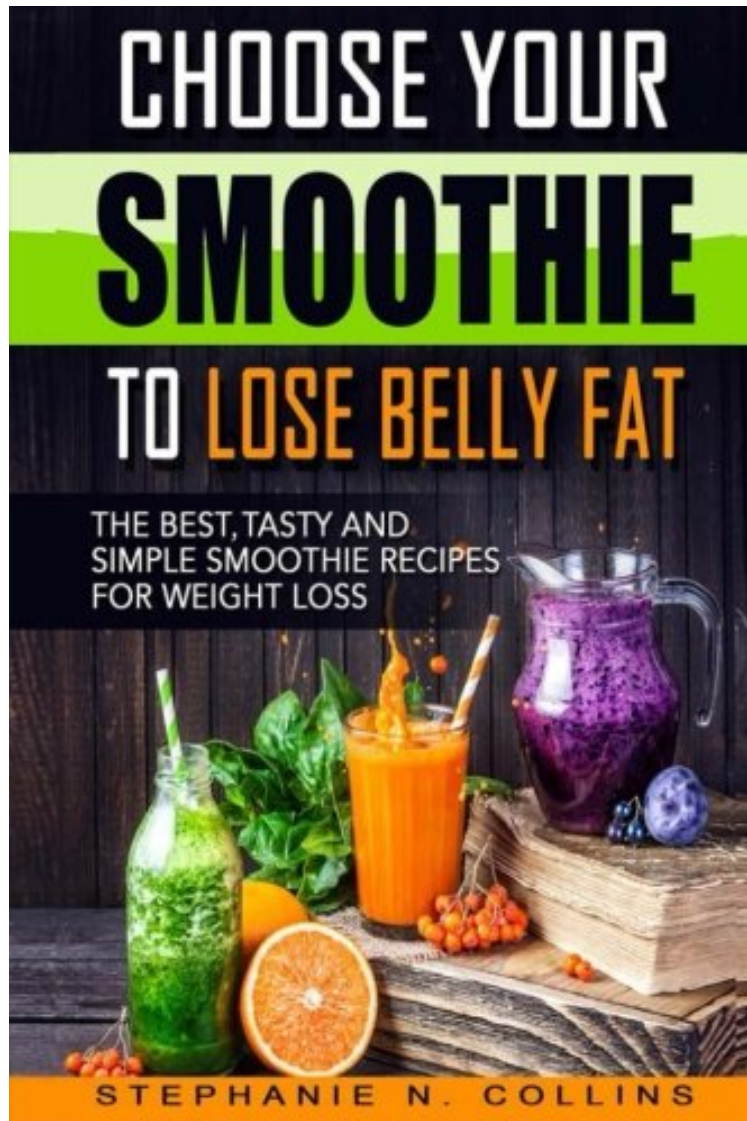


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Stephanie N. Collins

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Are you worrying about how you can get rid of that love handle around your belly? Many people today have low self-esteem and low social performance because of physical liabilities which could have been easily handled if they just know how. Usually, these health issues are countered by several proposed diets and fitness exercises that all seem to share the same key ndash; SACRIFICE! With this little book, ldquo;Choose Your Smoothie To Lose Belly Fat: The Best, Tasty and Simple Smoothie Recipes for Weight Lossrdquo; with illustrations, you will be treated to an amazing solution that will not deprive you of the delicious and fulfilling effect of eating delectable dishes. PLUS! ndash; You will put an end to those breath-stopping moments you have every time you exert too much. YES! With this little guide on how to do it, rigorous exercises and a countless list of flavorless diets are out of the question, but all the same, you will end up with a nicely-trimmed body that is actively healthy and always on the go!