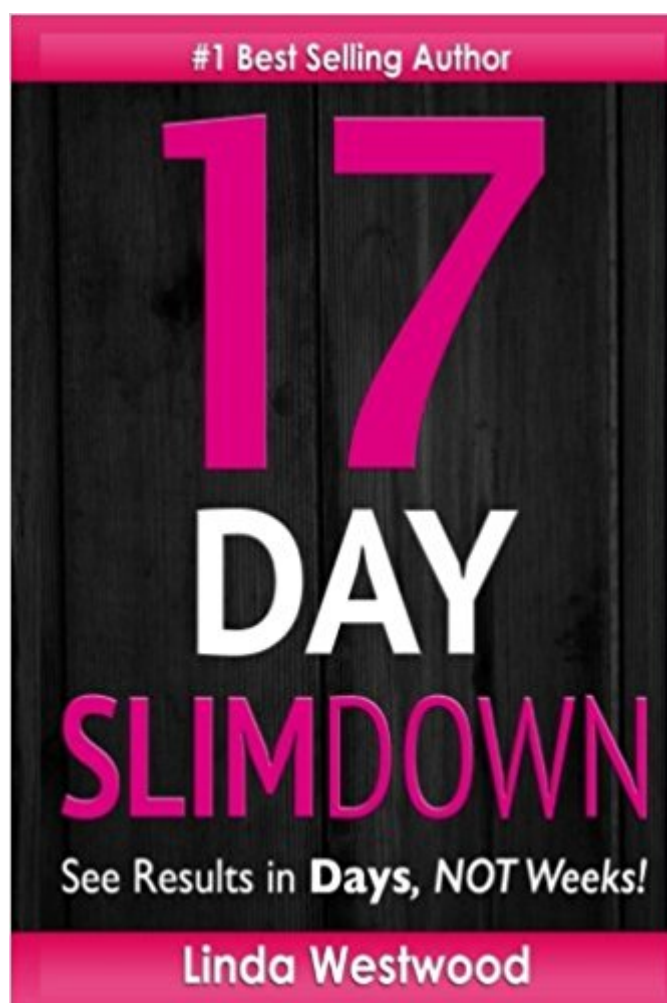




The book was found

17-Day Slim Down: Flat Abs, Firm Butt & Lean Legs - See Results In Days, NOT Weeks!



Synopsis

The ULTIMATE 17-Day Body Transformation! See Weight Loss Results in Days, NOT Weeks! FREE BONUS INCLUDED: If you download this book, 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 writer, Linda Westwood, comes 17-Day Slim Down: Flat Abs, Firm Butt & Lean Legs - See Results in Days, NOT Weeks! This book will transform your body forever - you will finally lose weight, develop the lean legs you have always wanted, and be motivated to eat healthy and workout hard! The best part is that this is Linda's 2nd edition, which means new & updated content (with bonus sneak peeks at the back)! If you feel like you need to give your weight loss a HUGE kick-start... If you feel like you're ready for a full-body transformation... Or if you want to see results FAST (in DAYS instead of WEEKS)! THEN THIS BOOK IS FOR YOU! This book provides you with a step-by-step plan that will have you transforming your entire body - especially your abs, butt and legs - in ONLY 17 DAYS! It comes with the information, recipes, workouts, and all the steps that you need to know! Are you ready to look and feel slimmer, healthier, and sexier than you have in years? Then check out this 17-Day Slim Down plan, and start transforming your life TODAY! If you successfully implement this 17-Day Slim Down, you will... * Start losing weight without working out as hard* Begin burning all that stubborn fat, especially belly fat, thigh fat and butt fat* Say goodbye to inches off your waist and other hard-to-lose areas* Learn how you can live a healthier lifestyle without trying* Transform your body and mind in less than 3 weeks* Get excited about eating healthy and working out - EVERY TIME! Tags: weight loss, how to lose weight, slim down, six pack abs, lose weight, burn fat exercises, how to get skinny

Book Information

Paperback: 126 pages

Publisher: CreateSpace Independent Publishing Platform (February 1, 2015)

Language: English

ISBN-10: 1508485933

ISBN-13: 978-1508485933

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 63 customer reviews

Best Sellers Rank: #402,034 in Books (See Top 100 in Books) #43 in Books > Health, Fitness &

Dieting > Exercise & Fitness > Ab Workouts #55 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #2147 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

"Awesome book on slimming down your body AND getting amazingly fast results! Definitely check out this book if you want to lose weight! FAST." -- Johnny Risto
"A powerful, instructive and informative health manual by Linda. Look no further." -- Al-Khemet Book Club
"Plain and simple, yet profound and written well, and with this low price, it is worth every penny!" -- Adriana Sophie Bustami "Citadella"
"Frankly, the most awesome thing is that the book doesn't just stop at 17 days. Ms. Westwood suggests ways to maintain your newfound fitness, supplying a killer shopping list that will keep you on track and the weight off. Don't be fooled: This is one of the best fitness books you can buy." -- C. Shaw
"Best part, this book is realistic. If you want to lose weight in a short period of time and keep it off, give this book a try. I lost 6lbs. Need I say more? My favorite part was the recipes. After all, you are what you eat. Well worth it and exceeded my expectations." -- Jibran Qazi

Linda Westwood is a #1 Best Selling author of various books about weight loss, dieting, exercise programs, and everything nutrition. In her books, Linda provides daily action plans and fantastic advice on how to lose weight, burning fat in those hard to lose areas, better eating habits, morning rituals that lead to a healthy body, and so much more.

This book is like an exercise guide which helps your fat body transform into a slim body. I got this book in and I bought this book for my family. I read this book and I enjoyed this book also. This book has described how to diet your body with food instructions. I think it is a very helpful book for us. Thanks author for writing this book.

I am ready for this challenge to slim down my body specially my thighs and arms since a lot of it has extra fats including my belly fats. So having this book made me determined to take away that extra fat in me and make myself back in the game like I was 18. I have a very curvy slim body before but now I'm busy at work and it makes me feel depressed about my body. Thankful to have read this book.

I am so satisfied with all the valuable tips and secrets this book has included. I am comfortable to

say this is one of the complete dietary and work out books out here. I've read many books that targets on fitness/lose weight, but still I've learned a lot of tricks here. What surprise me the most is the free bonus, it also has plenty of great values! This book worths every penny!

This is a great weight loss book for busy people like me. This 17-day slim down technique is just right for me and for everyone else. Eat right, move around, and get rid of the fats. There are a lot of techniques inside this book that will surely help us achieve the body that we always dreamed of. I am very excited to start following this program. Great recipes, too! There needs some proof reading as there are some typo error (i.e. instead of "won't" you typed in "want"). I will surely recommend this book to everyone!

I'm always looking at different diets that would help me to lose weight and stay fit and healthy.to dispelling myths; to habits that hurt weight loss; breaking the sugar addiction; tips and tricks; to addressing various health and hollistic tidbits. I am 10 pounds away from a healthy BMI for the first time in years! YAY!

Really liked the nutrition part of this book, what and how to fuel yourself. Many of my friends have actually lost a lot of weight just by changing their eating habits and creating proped plans to follow everyday. This book has some great info if you aim to build you own diet plan.

This book is amazing! Already I have lost 5lbs and i am just 4 days into it!!! Follow this book and it works!!!! In days NOT WEEKS!! Yay! Highly recommend!

To quote the author "To get the most out of life, we need to be the healthiest beings we can possibly be." This diet book does exactly that. Remember before you start any diet or exerciser program check with your doctor.By following the steps that Linda Westwood suggests for 17 days you should surely have successive.

[Download to continue reading...](#)

17-Day Slim Down: Flat Abs, Firm Butt & Lean Legs - See Results in Days, NOT Weeks! 17-Day Slim Down (2nd Edition): Flat Abs, Firm Butt & Lean Legs - See Results in Days, NOT Weeks! (Exercise) ABS: The Ultimate Guide on How to Gain Six Pack Abs Fast (Abs Exercise- Abs Bible- Abs Diet for Men- Abs Diet for Women- Abs after 40 - Abs over 40) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've

Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Flat Belly Diet: The 14 Day Challenge - Flat Belly Diet Cookbook: Flat Belly Diet for Women, Flat Belly Diet for Men, Flat Belly Recipes, Eat ... Belly, Flat Belly, Flat Belly Diet (Volume 1) How to Get A Bigger Butt In 10 Days: The All Natural Plan to Plumping Your Booty Without Surgery, Dangerous Pills Or Gimmicks (How to Get A Big Butt, How ... Derriere, Exercises to Get a Bigger Butt) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) 5-Minute Weight Loss: 30 FAT-BLASTING Workout Routines That Take JUST 5 Minutes A Day! (See Results in Days, NOT Weeks) The Badass Body Diet: The Breakthrough Diet and Workout for a Tight Booty, Sexy Abs, and Lean Legs The New Abs Diet for Women:Â The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) The Ultimate Body Book: 4 Weeks to Your Best Abs, Butt, Thighs, and More! Eat This, Not That! for Abs: The Ultimate Six-Pack in Less Than Six Weeks--and a Flat Belly for Life! The New Abs Diet:Â The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life (The Abs Diet) The Skinny NUTRIBULLET Lean Body Abs Workout Plan: Calorie counted smoothies with 15 minute workouts for great abs The New Abs Diet Cookbook:Â Hundreds of Powerfood Meals That Will Flatten Your Stomach and Keep You Lean for Life! (The Abs Diet) Legs that Won't Quit : 30 Days to Slimmer Sexier thighs and Legs Simple Six Pack Abs Strategy: 5 Easy Ways To Get Ripped Abs in 6 Weeks BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Squats: The Best Butt Workout Revealed - How to Sculpt the Most Voluptuous Butt Ever with Squats (30, 60, & 90 Day Workout Plans) The Women's Health Big Book of Abs: Sculpt a Lean, Sexy Stomach and Your Hottest Body Ever--in Four Weeks

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)