



# **Ketogenic Diet: For Rapid Weight Loss: Recipes and Mistakes to Avoid**

*Michelle Brighton*

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## **Lose weight where it counts - without starving yourself!**

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Are you sick of fad diets? Overweight, or just want to live a healthier lifestyle? For many people, losing weight while maintaining a normal lifestyle seems like an impossible dream. We all know that what we eat is most of the battle, but how do we win that battle?

We have the answer. You need to try it. No more excuses! In this book the critically acclaimed wellbeing coach Michelle Brighton will share with you her secrets on how to slim down and feel fab.

## **This book will provide you with the following key resources:**

and much much more....

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