



Simplify: An Ancient Approach To Modern Weight Loss Issues.

Owen Hogarth II

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Simplify: An Ancient Approach To Modern Weight Loss Issues. Owen Hogarth II

This book simplifies weight loss. Are you tired of the fad diets? How about tired of starving [starving diet] yourself because someone says skip meals to lose weight? Are you tired of all the noise out there in the health world? I like you was sick and tired of all the nonsense and wrote this book in practical English that anyone can understand.

You pick up this book, you're virtually guaranteed to lose weight. No counting calories or anything insane like that.

I wrote this book because I am tired of seeing people struggling with their weight and having to deal with low self esteem or feeling like they lack will power.

I'm here to tell you that you have all the will power to lose weight right now.

If you lose even half the weight as other people who I've helped gain control of their health, your only regret will be that you didn't find my book sooner.

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