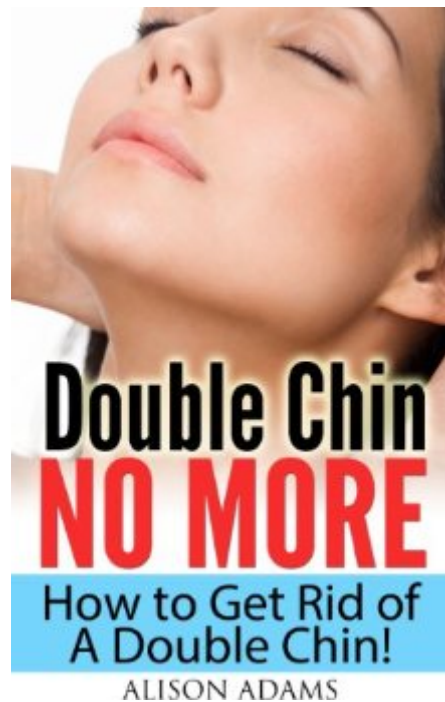


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# Double Chin No More - How To Get Rid Of A Double Chin! (Natural Beauty Book 1)



## Synopsis

If you're sick of seeing double chin in the mirror, this may be the most important guide you'll ever read...In *Double Chin No More*, Alison explains how a double chin is formed, and the simple yet effective techniques you can use to get rid of it -- starting from right away. Using the practical techniques condensed in this guide, Alison successfully lost her double chin and achieved a more defined and sleeker jawline in just 2 weeks! What you'll learn from this guide: The Common Causes of Double Chin (And how to reverse their effects PERMANENTLY) The FOUR Simple Yet Effective Steps to Getting Rid of Your Double Chin Why Spot Reduction Exercises Alone Won't Work -- Discover the other components you need to lose those face fats and tone your chin line effectively! FIVE Simple And Delicious Diets to Achieving a Sexier Chin Line (Melt away those stubborn chin fats FAST!) What Foods to Eat And What To Avoid (You MUST know this if you're serious in achieving a beautiful chin line) The #1 Cause of Your Excess Chin Fats (And how to eliminate it for good!) The Top FIVE Facial Toning Exercises -- Simply follow the step-by-step instructions to achieve a full face-lift effect without the high costs! And much, much more! In just a few minutes from now, you will begin to get the sharper, sexier chin line that will make you look and feel more attractive and appealing -- no matter your age! So Go Head and Download Your Copy of *Double Chin No More Right Away!*

## Book Information

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## Customer Reviews

A very impressive read regarding getting rid of excess chin fat. As I progress into my thirties, I've noticed that my chin and jawline doesn't have the definition it did during my college years. This handy guide exploded many of the myths I had mistaken for truth and lays out an easy, simple to follow guide for getting back the jawline of my youth. I had assumed (incorrectly) that facial exercises were all that were necessary, but this great book goes well beyond and includes practical information about diet and even sleeping habits which have to be taken into account. I'm already starting to see (and feel) results after a short amount of time, so I highly recommend this to anyone wanting to lose excess chin fat the safe, healthy, non-surgical and proven way. Fantastic!

The book is an expert guide on really getting rid of a double chin. I'm glad I bought it, it contains topnotch information based on scientific facts about the real causes and the ways to get rid of a double chin. I never could understand why I had a double chin when my body is otherwise lean and smart, before I read this book. I had been following exercises I found on the internet but they never worked.. now I know why. This book debunks all the myths going around and shows exactly how to have a lean face, literally how to re-engineer your face into a shape that you want, just by following a specific exercise program with nutritional and lifestyle modification. Reading it, I also found out that there are at least 5 possible causes of a double chin. It's not all about fatty build-up, and I'm so glad I learned the rest! The book is very interesting to read and engaging.. although the amount of information is huge but instead of boring me, it was actually very fun to read. The clear examples for everything told me how to fix what I've been doing wrong all along with an easy-to-follow, straightforward approach. I've been following the instructions in this book for a week or so and the results made me come in to write a review. Thank you so much, Alison Adams! I followed your instructions all the way to the fifth day. My chin line is visibly toned; my skin is glowing too from the improved blood circulation - after working out my face in a real sense for the first time in my life. Today I'm onto the step 3: invigorating the facial muscles. I'm feeling so good about myself, I'm really loving going to the mirror to see my reflection again and again. This book guides on ways to eliminate a double chin addressing all the root causes so anyone can benefit like I did - Highly recommended to everyone who wants to get rid of their double chin effectively.

I bought the "Double Chin No More" book for a friend and she called me after reading the book

to tell me how helpful the information was. She was glad to learn that an improper diet is not the only possible cause of having a double chin which made her happy because she was trying to lose weight in order to lose her double chin. She of course hasn't gotten rid of her double chin and knows she won't get rid of it overnight but she is happy to know that she is now more informed on the possible causes and the many exercises that are available as well as how they work to help. She sounded so happy when she thanked me and told me she had all about given up on trying to get rid of her double chin but now she has been motivated to get back on the road. She loves the nutrition advice that is good for her entire body and health overall as well and said this is one of the best and most thoughtful gifts she has ever received. She has read it and recommended it and I had to come back and let you all know.

While reading Double Chin No More, I had to stop twice and copy down items to my grocery list. The recipes mentioned sounded so good that I wanted to make sure I had the ingredients on hand after my next trip to the supermarket. Even the smoothie has become my favorite go-to snack during the day. In addition to the great food advice in this book I loved how the author presents myths and then in clear and simple to understand terms, gives you the facts about the ideas behind the myths. Short of spending hours and maybe days searching online, I've never seen so much great and relevant information about toning up my neck and chin, all in one place. I also loved how the book breaks down the diet options into three choices and allows for so many variations. It makes it clear to see how other parts of my life influence my neckline. I already know that I need more sleep on a regular basis, but I had no idea that it could also help my double chin. For a quick read that is full of healthy information, this book is perfect.

Have you ever looked in the mirror and thought that there was something about your body that you didn't like? If you have then you are definitely not alone. A lot of people feel that way and I was definitely one of them. I looked in the mirror and thought that I had a double chin that I absolutely hated. That was why I decided to give this book a chance. I was really hoping it would help me to get rid of that double chin like it promised to and I was definitely not disappointed. I was so happy that not only did this book really tell me what the problem was but it also told all about the different myths that people believe about their double chin and where it comes from. With Double Chin No More you'll be able to do just what I did and get rid of the double chin that you've spent forever staring at in the mirror and hating. And you'll be able to do it with quick and practical tips and instructions too. Best of all you won't have to worry about waiting for the results to show up because

they'll be there almost immediately. You'll start loving looking in the mirror. So if you have the same problems that I did you'll definitely want to get this book.

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