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Run Yourself Skinny: Lose Weight Fast Without Dieting!







Synopsis

You're Only 6 Weeks Away From A Healthier Skinnier YOU! If you are like me, you HATE dieting. I just love my food too much, and fad diets are NOT the answer to serious weight loss. This book is all about burning calories, so you don't have to give up those delicious treats! Fact: I lost over 60 pounds using the techniques shown in this book...WITHOUT Dieting. In this book, I will discuss some tips and tricks of better food choices, but unlike restrictive diets, they are completely optional! Â In this book, you will learn how to:Start and Maintain a Running Plan to Lose Weight WITHOUT Dieting! The Best Running "Gear" To Make Running Easier and More Enjoyable Motivation and Techniques to Keep Running How Far You Have To Run To Burn Off A Big Mac!

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