



Survivor Diet Challenge (Volume 1)

Doug Peterson

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Are you ready for a challenge? If you are feeling fat and have tried many of the 'traditional' diet plans out there without success, it's time to make a significant change. It's time to try something very different. Get off your lazy butt and begin your journey today! If you follow the simple rules and guidelines I promise you this: You will lose a ton of weight, get your body fit and healthy and have incredible life experiences that you and your friends will remember and talk about for years. What other diet plan can promise you that? Have you been told time after time that you need to eat healthy, lose weight and exercise? But you just can't get motivated enough to do it? Well, this 40-day plan will jumpstart your life into a new and positive direction. You will get all the exercise you need without ever going to the gym and you will eat the healthiest meals available without ever having to go food shopping. Overweight, high blood pressure, sleeping problems, snoring, bodily gas, high cholesterol, diabetes, chronic headaches, etc? The Survivor Diet Challenge is the cure. No more excuses. Start your own challenge today. This book lays out the general rules and guidelines for the challenge and chronicles the 40-day program sighting several examples of how it can be done. Follow the author as he takes you on his journey and use his successes and mistakes as a guide to start your own personal quest. See if you have what it takes to survive the Survivor Diet Challenge!

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