



The Transformation Diet: How to Transform Your Life and Lose up to 60 Pounds in 60 Days

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The Transformation Diet was developed for people who need to lose weight in a big way, in a short period of time without complicated point systems and calorie counting. To lose up to sixty pounds in sixty days you will only need to set your goal and follow three simple steps.

In The Transformation Diet you will learn:

- How to Make the Commitment
- About the 6 Phase Program
- How to Get Started
- How to Lose Weight Fast
- Meal Modification

Transformation Diet Meal Selections

- 3 Simple Rules of Weight Loss
 - The 7-Day Fast Track
 - The 10-Day Super Track
 - Body Modification Training
 - How to Track Your Weight
- and more...

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From reader reviews:

Edna Garza:

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Ernest Maguire:

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Christopher Henricks:

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