



51 Fat Burning Smoothies: Smoothie Recipes For Boosting Your Metabolism, Losing Weight and Feeling Great

Sarah Patterson

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Lose 10 Pounds In 10 Days With These Delicious Fat Burning Smoothie Recipes

I Believe Anyone Can Lose Weight Fast With These Delicious Smoothie Recipes

You could be just a few smoothie recipes away from fast, natural weight loss! In this book you will learn:

How To Lose Weight With Fruit and Vegetable Smoothies

If you've tried diet after diet and exercise program after exercise program and still haven't lost weight, chances are you're missing the key nutrition that your body needs to detoxify! Our body stores toxins in our fat cells, so if you don't detoxify your body with good nutrition, your fat cells can't release all that extra weight. With these delicious smoothie recipes, you'll be able to finally detoxify your body and lose the weight fast.

Smoothies That Boost Your Metabolism

Boosting your metabolism is a huge key to weight loss. In this book, you'll find 51 juice recipes that will raise your metabolism to help your body burn fat faster - naturally and without any side effects!

Green Smoothies For Fat Burning and Detoxification

These super-charged green smoothies will help you burn fat, have more energy and cleanse your body, leaving you feeling happier and healthier than ever before.

Special Superfood Smoothies That Eliminate Fat Storage

You'll also learn about some special superfood smoothies that help your body eliminate fat storage and shrink your fat cells from the inside out! Honestly, these superfood smoothies won't taste very good but they

help you get slim fast by burning fat naturally!

How To Overcome Emotional Eating and Bad Dietary Habits

Do you eat emotionally? Chances are it's because of bad mental habits! Using the simple strategies in this book, you'll be able to say goodbye to emotional eating once and for all.

The Secret to Will Power and Discipline For Weight Loss

If you want to lose weight, you have to be able to choose healthier options and a healthy lifestyle. That means exercising your will power and understanding how to change those old bad habits that keep you stuck, tired and overweight. This book will show you how.

How To Love Yourself

Most of us overeat or stay overweight because of an ingrained sense of self-hatred. Sure, maybe we don't talk about it, but deep down inside we feel awful about ourselves. It's this self-hatred that keeps us stuck, unhappy and overweight. Using these simple strategies taught for thousands of years, you'll be able to tame this part of you and fully love and accept yourself just the way you are. This will allow you to lose weight naturally and treat yourself to the good life.

How To Overcome Self-Sabotage

When I realized that my biggest enemy isn't the girl who talks behind my back or the guy who breaks my part - my biggest enemy is myself. When I stopped beating myself up, holding myself back and talking down to me, my life changed. I lost weight, I was happier and I had a lot more self confidence. When you flip the self-sabotage switch, you'll find losing weight and getting what you want in life just becomes effortless.

About The Author

Sarah Patterson studied at the Institute of Integrative Nutrition and has created a partner fitness program for healthy living and natural weight loss. Sarah is passionate about natural weight loss and living a healthy lifestyle.

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