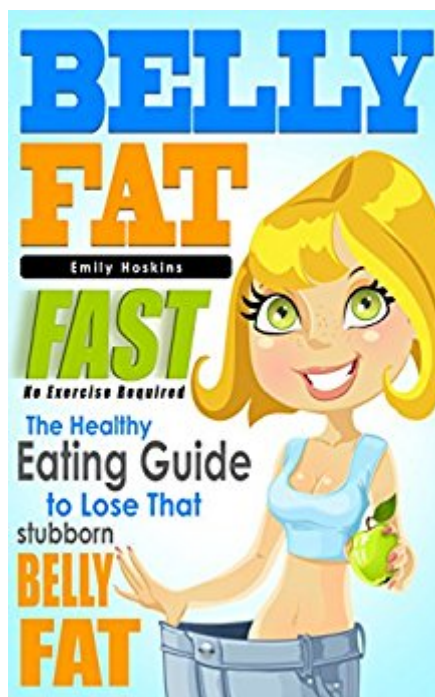


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# Belly Fat: The Healthy Eating Guide To Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy Eating, Weight Loss For Women, Low Fat, ... Wheat, Detox, Grain Free, Gluten Free)



## Synopsis

Belly Fat **2ND EDITION** - The Healthy Guide to Lose that Stubborn Belly Fat - No Exercise Required Updated with new chapters and a ton of new pages, Jam-Packed full of useful information that will help you push through the barriers and get rid of that last bit of Belly Fat\*\*\*FREE BONUS VIDEO INCLUDED AT THE END OF THE BOOK\*\*\*This book contains amazingly effective tips to finally give the lean, flat belly you've always dreamed of! This book is your ultimate belly fat-shedding guide, and is filled with a plethora of useful tips, tricks and valuable information that will help you get that flat, lean and toned tummy you've always wanted! Let me ask you: Are you unhappy with that stubborn muffin top that never disappears? Does your annoying belly fat make you feel insecure about your body, and keep you from wearing your favorite clothing - particularly swimwear? Does it keep you from having enough confidence to wear that gorgeous bikini (the never-worn one that's been collecting dust in your closet) you've been dying to flaunt? If you're unhappy with your stubborn belly-fat, and have low-confidence because of it, then look no further! There's finally a way you can get rid of your belly fat, as well as those dreaded love handles - for good! Losing that extra fat on your belly can be an especially difficult. This is why we've created this highly informative and helpful belly fat-trimming guide to provide you with all of the information (including incredibly effective tips and tricks!) you need to help you lose the excess weight on your belly, allowing you to finally get the toned and lean body you have always dreamed of! Get ready to finally have a lean, flat and toned tummy - this book will show you how you can finally be bikini ready, and look incredible!\*\*\*Includes various foods/ingredients that effortlessly melt stubborn belly fat!\*\*\*Although this belly-fat shedding plan doesn't require physical exercise, we've even included a bonus of belly fat-melting exercises that will give you even better results! But that's not all! Act now to take advantage of a limited time FREE BONUS at the end of the book! I really want to help you towards YOUR perfect body and desired flat tummy once and for all. Get ready to start flattening your belly today! Scroll up and grab a copy today.

## Book Information

File Size: 1112 KB

Print Length: 60 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 27, 2015

Sold by: **Â Digital Services LLC**

Language: English

ASIN: B00SUDGRTW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #432,957 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #74

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## Customer Reviews

Belly fat...it is the hardest part to lose when I'm trying to be fit specially during summer to get that beach body. This book has been helpful in giving me tips on what exercises to do, what foods to eat that helps burn belly fats, and some positive reinforcements. Fats on my belly has always been my problem area, they are always the last ones to disappear and can really be hard to do so and maintain. I tried exercises that targets lower abdominal, though I know they are effective, I know also for a fact that it is not enough. It requires a great deal of discipline and commitment to the program to be effective. This book provided me the tips that I need to lose weight on my belly, it includes diet plan for belly fat, the type of foods I should eat and Also avoid, and exercises that will effectively help me lose my belly fat fast.

The book has simple and effective information that could be the start for a flat belly. All you need to know about diet, exercise, giving up bad habits, foods you should eat, sleep routine, exercises. The information about postures was new for me and seems great. The book lists down the tips, tricks, methods and advice which will make you lost fat in the most natural way without interfering with the body functioning. Excellent information!The results are of course dependent upon on one's actions and efforts.

The belly fat book is a book that contains just about everything you need to know in order to beat down that fat in your tummy. My tummy has been getting progressively bigger, I have tried a few

simple things I know: eat slowly, drink a lot of water and try some belly trimming exercise, but they are just not enough. I was not all that faithful for the path of the exercise though, but I know that it was not the main cause of why my tummy was not reducing. This book has exposed me to a lot of details and a whole lot of way in which I can deal with my belly fat. Sitting posture, seriously??? I never knew that could even contribute to the problem, even if its just by a little percentage. There are just so much in this book that I have learned, now all I have to do is get some good sleep, avoid some kind of food and so on...

Losing belly fat can be a challenge. This healthy eating guide provides information that can help you started on a diet that can help you lose belly fat. The main idea in this guide is to change your eating habits (if you don't already have healthy eating habits) and start eating in a more healthy manner. Some tips in the book are eat sufficient food, start eating whole grains, being active, eat fresh farm produce, avoid food that cause inflammation, eat a healthy fat each day, drink 8 cups of water each day and being mindful of your eating. Also you can choose healthy substitutes for foods that you already eat. Overall, this can be a good book that helps you go in the right direction for losing belly fat and have a healthy lifestyle.

If a person has a balanced diet is certainly wont gain weight, since the normal activities of an ordinary person is already a calorie expenditure. But you workout your health will improve a lot. I mean, not everybody can access (time or money) to a gym but if we take care of our own diet and more now that the winter is coming we can maintain our weight, stay healthy and not have that awful winter belly. This guide is very complete, it is aimed more at women but men can also follow its advice. Something I should note is that this guide is not a cookbook, is a nutritional guide: you'll find advice about your meal times, those foods to avoid and what should eat more regularly. This guide is great, I recommend it.

I've been finding ways on how I can reduce my belly fats. My coworkers teases me everytime that the so called "baby fats" are still intact with my tummy until now. While searching books here in , I got curious with this book which states that I can eliminate my belly fats with no exercise required. Different approaches were laid out on this book in eliminating those unwanted fats in our belly. The contents of this book was written in a simple and easy to understand manner. Tips as well as techniques that should be kept in mind are also provided in here. I am actually trying some of the ideas I got in here for days now. Let me see what will be the result in the next few weeks.

I've read so many belly fat diet books lately I'm gonna gonna go crazy! Lol As a health expert myself many more years than you've likely been alive, there is great in this concept and book. Just be sure to keep your perspective Cuz ultimately scientists say you can't burn fat specifically in one area. It's a whole body approach to health and wellness that works. I'm happy to say this book depicts just that. It focuses on strategies to better your food choices and explains how important it is to exercise regular. In a perfect world you'd really be able to target and blast belly fat. Well you can't. And the next best this is to read through this book and takes what works for you to create your ultimate master plan to lose weight, and hopefully tighten up that belly area too! Well done!

People now a days are getting fat because of not a ware of what they intake to their body. Just like me, I am not really fat but I'm gaining weight everyday. That's why I'm finding an easy and very effective way to lose weight. I like what I've read from this book. It make sense and helpful. This eating guide habits is a great start to get a good result and a healthy body that you want. But I know that this will not be realistic if I myself don't have courage to change my eating hobbit. The book explains well and easy to follow and understand.

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