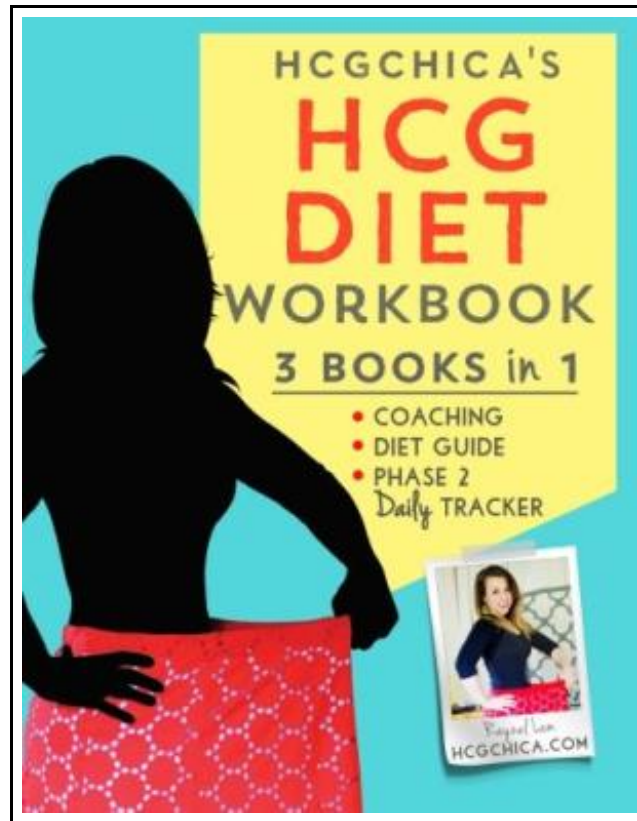


Hcgchica s Hcg Diet Workbook: 3 Books in 1 - Coaching, Diet Guide, and Phase 2 Daily Tracker



Filesize: 8.69 MB

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(Jace Gusikowski IV)

HCGCHICA S HCG DIET WORKBOOK: 3 BOOKS IN 1 - COACHING, DIET GUIDE, AND PHASE 2 DAILY TRACKER



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 215 mm. Language: English . Brand New Book ***** Print on Demand *****.The hCG Diet Workbook is expansive and all about helping you get into your goal jeans while caring more about your long term health than how you look. There actually IS a way to achieve both, and I show you how within these pages. Both comprehensive and flexible, the daily Phase 2 hCG tracking area is designed specially to be used for pretty much any hCG Diet plan - the original 500 calorie diet, modified versions like the 800 calorie plan and others, hCG Injections, prescription hCG drops, or homeopathic drops. Why Read and Use This Book Anyway? My marketing research advises me to tell you I m superhuman and my book is electrifying! While I don t know about that, I can tell you what I DO have to my name. I ve maintained my own weight loss from the hCG diet with hCG injections for close to 2.5 years, without eating low carb to boot, going from obese to the body fat percent of an athlete. Whether this information carries weight is entirely up to your perspective. Lastly, I ve carefully crafted the layout so that it easy to visually understand and digest. Section 1: Guidance for Success This ain t no 2 pages of tips. It s 60 pages worth of dig-deep-search-your-soul type stuff. But it s actionable as well, not simply think positive. This gives you real reasons why and how to look at the hCG protocol and your body. It s all the realizations that took me from yo-yo dieting for years to being able to lose weight and maintain. The thoughts here are based on a marriage of both...



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