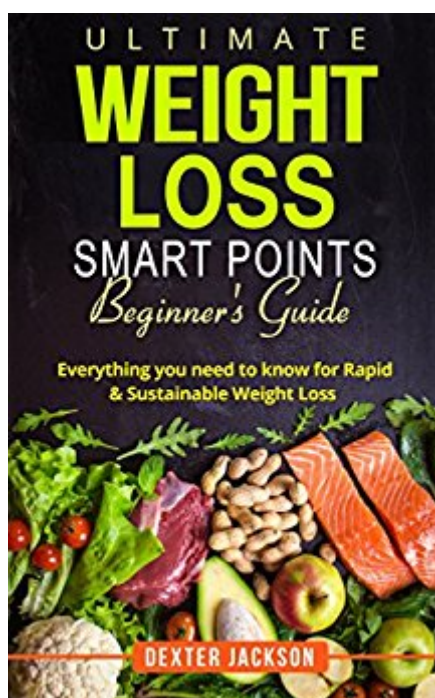


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# Ultimate Weight Loss Smart Points Beginnerâ€™s Guide: Everything You Need To Know For Rapid & Sustainable Weight Loss (Includes 50 Weight Loss Tips, 30 Day Meal Plan, And Recipes)



## Synopsis

Buy the Paperback Version and get the Kindle Version for FREE! Constantly counting calories can become psychologically damaging and even ineffective if not done right. Using a Points system instead is something that many who are struggling to lose weight should use to finally breakthrough and achieve a healthy weight. This is a weight loss program that thousands, if not millions of people around the world have used to achieve their weight loss goals. The program employs a holistic approach to achieving weight loss. It allows you to track what you're eating, watch your fat and sugar intake, try different physical activities, and it gives you access to a community of supportive people who are also trying to lose weight. The program is easy to follow, flexible, and affordable. Some of the chapters that you will read in this book include: The 3 Pillars of Weight Loss, How the Point system works, Answering the Most FAQ, 50 Weight Loss Tips, All 120 of the 0 Point foods, 30 Day Sample Meal Plan, Simple and Easy Weight Loss Recipes, Real Weight Loss Stories. A lot of people say that there's nothing wrong with being fat. But, here's the truth, while your weight doesn't determine your worth, being overweight could wreak havoc in your life. It can lead to various health problems such as high blood pressure, diabetes, heart disease, metabolic problems, and certain types of cancer. It can significantly reduce your quality of life and your life span. You see, it has a number of psychological effects. Being overweight decreases your self-esteem and it causes anxiety. It can also cause fatigue so you won't have enough energy to enjoy everything that life has to offer. It makes you miss opportunities and it prevents you from realizing your full potential. It also leads to depression and the development of various eating disorders such as anorexia nervosa, bulimia nervosa, and binge eating disorder. Don't miss out on this new Weight Loss Points Program. All you need to do is scroll up and click on the BUY NOW button to learn all about it!

## Book Information

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## **Customer Reviews**

It is very informative & gave me info in my start of weight loss at Weight Watchers. I love the recipes too & list of zero foods.

wow this book is very helpful and very easy to understand the writer made a very very good points in meeting your weight goal. great job writer.

This is a weight loss program that thousands, if not millions of people around the world have used to achieve their weight loss goals. The program employs a holistic approach to achieving weight loss. It allows you to track what you're eating, watch your fat and sugar intake, try different physical activities, and it gives you access to a community of supportive people who are also trying to lose weight. The program is easy to follow, flexible, and affordable.

Writer Dexter Jackson is a really great book writer. This Weight Loss Recipes cookbook explains everything in detail and looks at the smart points program which basically encourages an individual to eat within a set number of points daily. This book has healthy and interesting recipes and overall, it makes a good program for an individual on a weight loss journey.

Always looking for new cookbooks to go along with my eating style and if I can lose weight at the same time that's nice for me. Given recipes are very easy to prepare and healthy. A lot of the recipes in this set I have tried and enjoy. Great recipes for the whole family that's why highly recommend this book.

Great book .if you are having hard time to lose weight I really advice to try this book. Such a good book.A lot of important information has been gathered in this book.I was actually impressed by how much useful information. .if you are having hard time to lose weight I really advice to try this book. Such a good book.A lot of important information has been gathered in this book.I was actually impressed by how much useful information.

Great book. Ultimate Weight Loss Smart Points Beginner's Guide Book is an amazing book. Exactly the information I was looking for and more. New to this entire subject and the information compiled in this book is clear and understandable for a newbie. Highly recommended!

This book is really a great resource for those who want to learn more about Weight Loss Slow Cooker Recipes. This book has healthy and interesting recipes and overall, it makes a good program for an individual on a weight loss journey.This book is very informative it contains a lot of tips and tricks on you can make some healthy foods.This is most definitely one of the best cookbooks on losing weight

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and Batch Cooking Meal Prep: Best Clean Eating Recipe Cookbook to Lose Weight and Feel Great (Meal Prep Cookbook, Meal Prep Recipe Book, Meal Planning, Meal Plan 1) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) MEAL PREP: Guidebook and 100 Recipe Cookbook for Weight Loss (Healthy Eating, Meal Prep Cookbook, Meal Planning, Low Carb Diet, Freezable Recipes, Meal Plan, Batch Cooking) Instant Pot Cookbook: 60 Delicious Smart Points Recipes That Shape Your Body (instant pot recipes,pressure cooker cookbook,smart points recipes,weight loss cookbook) Freezer Meal Recipes : Best 50 Delicious of Freezer Meal Cookbook (Freezer Meal Recipes, Freezer Meal Cookbook, Freezer Meal For The Slow Cooker) (Lisa Shanklin Cookbooks No.3) MEAL PREP: The Beginner's Guide to Meal Prep and Clean Eating for Busy People to Lose Weight and Save Time (low carb diet, clean eating, batch cooking, weight loss,meal planning,healthy cookbook) Smart Points Spiralizer Cookbook: 50 Skinny Spiralizer Recipes With Smart Points-Turn Vegetables Into Low Points Pasta Alternative Meal Prep Cookbook: Meal Prep Ideas for Weight Loss and Clean Eating, Quick and Easy Recipes for Healthy Meal Prep (Ketogenic diet, Low Carb Diet, Weight Watchers, Meal Prepping Book 2 ) Ketogenic Diet: Beginner's Guide: Become an Expert on Low Carb & High Fat Ketogenic Diet!: Sustainable and effortless weight loss and mental health for the rest of your life! + 7-Day Meal Plan Meal Prep: The Best Meal Prep Recipes Cookbook for Preparing Clean, Delicious, and Nutritious Meals (Meal Prep, Meal Prep Cookbook, Meal Planning 1) Meal Prep: The Essential Meal Prep Cookbook - Quick, Simple, and Delicious Recipes for Rapid Weight Loss (Low Carb Meal Prep 2)

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