



## 10 Pounds in 10 Days: The Secret Celebrity Program for Losing Weight Fast

By Jackie Warner

Little, Brown Company, United States, 2013. Paperback. Book Condition: New. Reprint. 236 x 178 mm. Language: English. Brand New Book. As America s favorite no-nonsense celebrity fitness trainer, Jackie Warner has years of experience showing her clients how to get red-carpet ready in no time. Now she s sharing the secret formula! She ll show you how to lose 10 pounds fast and then continue losing over 30 days. You ll look and feel better than ever. In 10 POUNDS IN 10 DAYS, Jackie reveals a program that your body will love and you will want to commit to for a lifetime. Rooted in Jackie's principles of fitness, this plan will give you a nutrient-rich, all-natural diet to jump-start your metabolism and rev up the fat burning; exercises to tone and sculpt your body to perfection; and the encouragement to turn your self-loathing into self-loving. Jackie s powerful 10 x 10 program will help you achieve your best body and the happiest you. Discover how to: DROP POUNDS RAPIDLY: Three simple 10-day eating plans and workouts-for a full 30 days of fat burning and toning EAT TO LOSE: Discover the superstar foods that encourage fat loss, satisfy cravings,...



## Reviews

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It is fantastic and great. It is really simplified but unexpected situations from the 50 % in the ebook. I discovered this ebook from my dad and i suggested this book to learn.

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