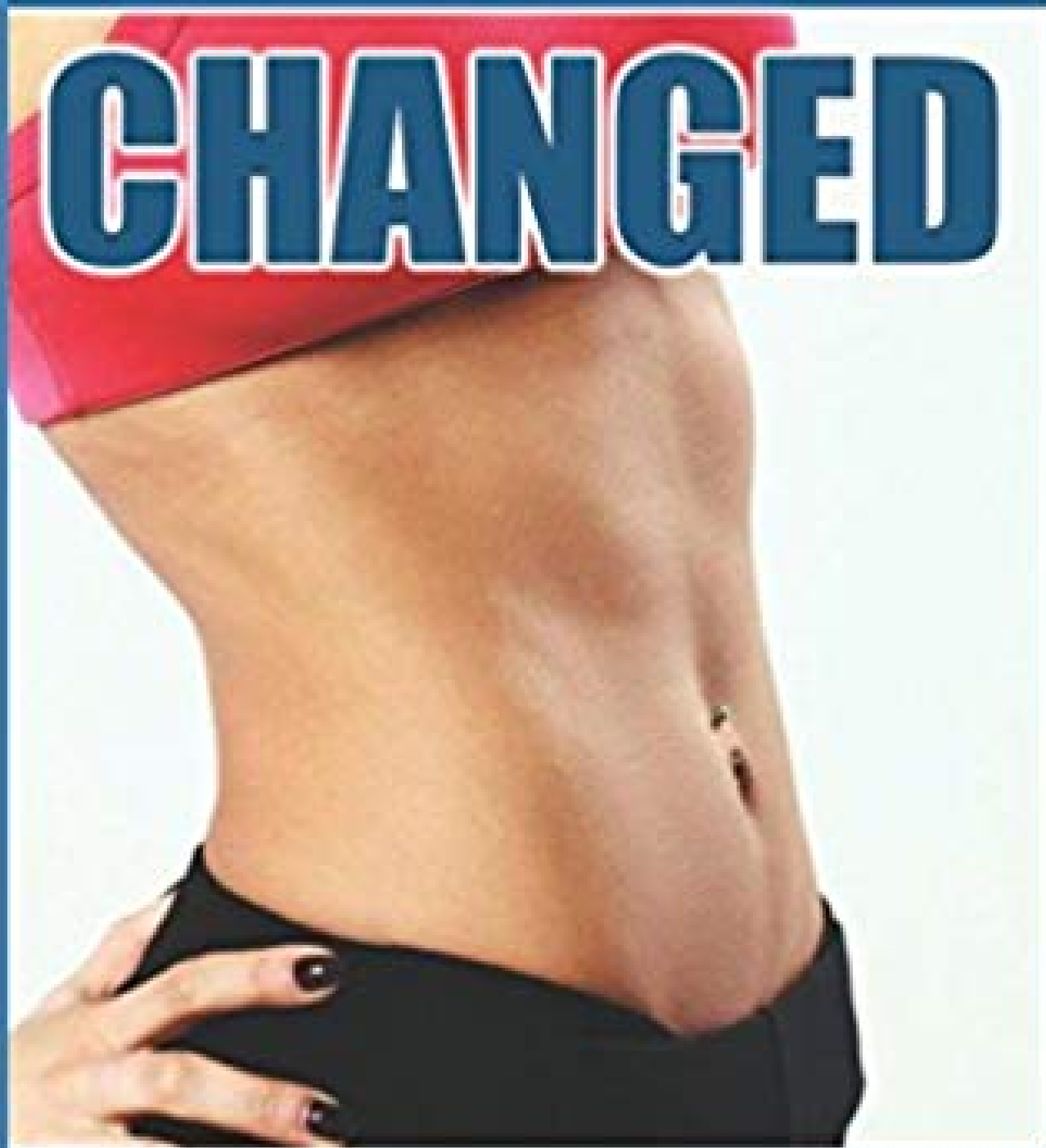


Secrets of the Fitness Industry
Weight-loss Without the Struggle!

CHANGED



WESLEY VIRGIN

Wesley Virgin

Changed, Secrets of the Fitness Industry, Weight-loss Without the Struggle!: Everything from Smoothies to Superfoods



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You've been told a terrible lie. The fact remains you are probably never going to lose weight by training and dieting! It is time to think outside the box. BUT... This is actually the book for you personally. The exercise industry has been pressing half truths down your throat for a long time. How will you lose weight without struggle? Specifically in the current fast-paced fast-food tradition. Stop wasting period and losing profits. He has helped 1000s of people lose weight without any stress or struggle. "You'll watch the pounds MELT off your body ...will dispose of your "fat clothes" permanently and you will be sliding back again into your preferred jeans from high college...just by performing a few simple 7 minute exercises and eating DONUTS!" This is the guarantee that Wesley Virgin has made come true for a large number of people. Many people losing 1 pound per day! That's a lifestyle changing 30 pounds in four weeks. This book is a must have if you are serious about losing weight but just does not have the time. Wesley's top secret boils down to a simple 7 minute workout and a series of superfoods, which when taken together turn your body into an automatic weight reduction machine that burns off unwanted fat while you're watching TV and even sleeping! Wesley Virgin can be a master weight loss trainer. Start slimming down today! Gyms and trainers have been proven to be highly ineffective (not to mention EXPENSIVE) for people who want to lose excess weight. Obviously people do sometimes lose weight.



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Two Stars ok Change is good but please address various other problems It had good info but simultaneously how you are told to leap rope or do jumping jacks cannot make an application for everyone...5 stars for motivation, 0 stars for useful articles beyond that.. Yup. You might want to read this review before making a decision whether to learn the book.. You're going to wonder so why I only examined this one at 3 celebrities after reading the first part of this review. I was expecting more of a step-by-step guidance for the dietary plan strategy...?Five stars for that. If that's what you want, here is a big dosage of it for pocket change.But - The description said "Wesley's secret boils down to a straightforward 7 minute workout and some superfoods, which when taken jointly turn the body into an automatic weight loss machine that burns fat while you're watching TV and even sleeping!"If you were expecting a 7 day time fitness program, or for that matter any fitness program within these pages you need to articles yourself with "jump rope every day in the morning for 7 minutes" ... "Hmmm. NOT changed!.."At the time I go through this book, I did so it on a suggestion from a trainer who incidentally includes a glowing review in the reserve. in his .. "Hmm...."It's about pressing his 7 day fitness routine which as opposed to this \$6.45 e-book, can cost you \$47, after a "\$52 discount", believe it or not. Hmm, again. in his LONG add he said he would tell us on the natural foods to consume or not really.. though to do that I'll have to actually - gasp - workout a little longer and present the donuts a miss. Photoshop?. Most of the 5 star reviews were people who have only this book as their solitary amazon review... but providing this book isn't helping his trigger."Hmmm... One Star not like he advertised Don't order this book! regardless of how many donuts I eat, I can't seem to find my abdominal muscles.. Hmm."First off, this is a great book on the psychology of fitness, on motivating you to ultimately get exercise consistently and bring real change."The secret 7 minute workout that changes lives" chapter in the book - strangely did not contain one. Apparently, this is a secret!!!Then, there's the pushing of a couple of products of at most effective unproven value as a panacea to sort out your fitness. Hmm...So, eat some maca and jump rope 7 a few minutes a day, and you'll magically become the picture of the ripped superstar that you are supposed to placed on the wall structure where you will notice it each day?. Hmmm. Averages from what I consider a generous three.The writer says that he's totally passionate about you getting results.Maybe so;Explanation said, "You'll watch the pounds MELT off your body ...can throw away your "fat clothes" forever and will be sliding back again into your favorite jeans from high college...just by doing a few simple 7 minute exercises and taking in DONUTS! No reference to training beyond jumping rope 7 minutes a day, if you don't spend 7x the amount of money for his program, no mention of calorie consumption in your quest to lean out, nor how exactly to accomplish the target, just ample sunshine inflated your perspective. The writer was upbeat and challenging and I read the book twice right through.. Good read extremely enjoyable, straight forward and right to the idea.The before and after photos on that website show thinner "after" pictures, like the miraculously narrower heads of the people.. same infomercial b. I purchased some food items and started the 30-day program guaranteeing "extra fat" weight loss. Very Disappointing This book is essentially a long dedication to Weslry Virgin to himself. He recommends cocoa, wheatgrass and phytoplankton which I have a bad reaction to, but I'll try the other 2 and find if it helps. These so called professionals are ALWAYS discussing how they would like to help but almost always there is a fee. If you really want to help after that help OR state that you'll help if the price is right for you! A fast read but content appeared to be more centered on supplements rather than changing the body through exercise and diet. Challenge? You'll think to yourself, "Hmmm. Condensed, that information would have taken only 5 webpages of the book. I was extremely disappointed. There's very little specific information regarding the actual diet.Thanks anyway, I believe I'll stick with men like Tom Venuto when it comes to burning the body fat off.s. At 31 days, I hadn't lost one pound. Interesting. That is a cheerleading type of positive hype and for some it may function. For me personally, it did not. NOT what We thought it will be.At that time, there were 17 five star reviews, and one four star..! NOT what We thought it would be.. In the publication its Just Selling More Supplements It's ok Good fundamental info, but leads you to buy into his program. The reserve also promotes the website which is expensive and requires a monthly payment just under \$50. One Star Tried to cancel order!! It is outdated and info isn't current.! Hmmm. WILL NOT BE USED!!!!!! For me, this book should be removed from Amazon stock. Even got a reply, but wasn't cancelled! Very informative Can't wait to start this program. Looking forward to working with Wesley.. Like the positivity!What you need to know. I have had foot medical procedures to reattach Achilles heel and will not be doing any

type of jumping anytime soon. Nope. A 12 page booklet given to him for free. Is now a money making scam.



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