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## Eat by Color: Bonus Free Workout Section

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By Raymond M Binkowski

Ergoteknix Inc. Paperback. Book Condition: New. Paperback. 104 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. An Overview Your Secret to Weight loss has FINALLY Arrived, and it can be found in Eat by Color. The author of Eat by Color has been overweight. Hundreds have applied the methods in Eat by Color and lost weight and so can you. Eat by Color reveals everything you need to finally shed that unwanted weight. Inside Eat by Color you will get: You will learn how to make better food choices, anywhere! This is NOT a diet. You will learn how to measure how many calories you burn in the gym so you never waste your time working out! You will get off the scale and start tools to measure even the slightest progress. You will learn how to eat anywhere, even fast food places! You will learn how to eat on the run no matter how fast paced your life WITHOUT sabotaging your hard earned results! Weight loss so simple a child can do it. In fact, if you can paint by number you can Eat by Color and lose weight! Ready to lose weight and build the body you have always wanted...



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