



5 Pounds: The Breakthrough 5-Day Plan to Jump-Start Rapid Weight Loss (and Never Gain It Back!)

Harley Pasternak

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For most people, the hardest part of lasting weight loss is either getting started or reaching their goals--too often, motivation is tough to maintain or those final few pounds simply won't budge, no matter how many hours are logged on the treadmill and how many calories counted. Now, from the New York Times bestselling author of *The Body Reset Diet*, comes a deceptively simple plan to slim down--whether you to need to shed those last few stubborn pounds or want to jump start a more significant weight-loss effort.

5 Pounds teaches readers how to implement five simple strategies as daily habits:

*Walk 5 miles a day.

*Eat protein and fiber 5 times a day.

*Do resistance exercise 5 minutes a day.

*Sleep at least 7 hours a night.

*Unplug at least 1 hour a day.

Readers will enjoy immediate results--dropping 5 pounds or more in just 5 days--and boost energy, improve overall health, and finally achieve long-term weight-loss success. With step-by-step advice, easy-to-prepare recipes, and motivating success stories, *5 Pounds* will transform the way readers look and feel forever.



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From reader reviews:

Maria Kraus:

Spent a free time for you to be fun activity to complete! A lot of people spent their free time with their family, or all their friends. Usually they undertaking activity like watching television, about to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? May be reading a book may be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the e-book untitled 5 Pounds: The Breakthrough 5-Day Plan to Jump-Start Rapid Weight Loss (and Never Gain It Back!) can be fine book to read. May be it might be best activity to you.

Harry Baxter:

A lot of people always spent their own free time to vacation as well as go to the outside with them family members or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you need to try to find a new activity that is look different you can read a new book. It is really fun in your case. If you enjoy the book that you read you can spent the whole day to reading a e-book. The book 5 Pounds: The Breakthrough 5-Day Plan to Jump-Start Rapid Weight Loss (and Never Gain It Back!) it is rather good to read. There are a lot of individuals who recommended this book. These people were enjoying reading this book. In the event you did not have enough space to bring this book you can buy often the e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not to fund but this book possesses high quality.

Ali Ellison:

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