



**Lose 10 Pounds in 30 Days: An "only what you need to know" guide to make your fat-loss FOOLPROOF!**

*Bum Muscle*

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"Why only 10 pounds in 30 days? I've seen books that promise 10 pounds in a week."

Losing 10 pounds in a week is just not realistic. In fact, some experts feel that 10 pounds in 30 days is pretty aggressive itself!

You probably already know about water weight. In order to lose anywhere close to 10 pounds in a week, you would be losing lots of water weight (like a pro fighter) and you will eventually need to put the water back in since you would be severely dehydrated.

You will simply return to your previous weight.

Worse of all, due to fasting and lack of nutrients, you would have lost precious muscle which gives your body form. Eating very little and fasting in order to go on crash diets leads to skinny, weak, energy-less, unsexy bodies. And dehydration is just plain dangerous for the body and brain.

In this book, you will learn the REAL way to lose weight while building some sexy, curve-forming muscle. You will learn exactly what you need to do to lose 10 pounds in 30 days, and KEEP THEM OFF. You will embrace a new lifestyle that is fun, full of energy, exciting, sexy, and super healthy!

There are other books that bombard you with a ton of information, but more is not necessarily better. I'll tell you that in the past, after spending way too much time reading articles, books, and websites I was overwhelmed and confused about how to start.

My approach is a lot simpler. If you were to ask a friend that was able to lose 10 pounds in a month to give you tips, he wouldn't give you a ton of formulas, numbers, scientific studies, and charts. He wouldn't give you a bunch of choices you aren't ready to make. He'd tell you what he did and you'd do it. That's what I give you here—a step by step ONLY WHAT YOU NEED TO KNOW guide to make your fat-loss foolproof!

Think of this as an Order By Numbers technique similar to ordering fast food. "I'll take the Number One."

This info is based on solid techniques that have worked, not in a lab study, but in actual real-world practice. I've tried a lot of methods and techniques on gaining muscle quick and found certain methods that worked. Then, I've tried many techniques on losing fat while maintaining muscle as well. I document everything that was successful for me, and throw out everything that didn't work. Don't waste your time—I already did!

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