



Lean Breakthrough for Weight Loss: A results driven 2-week framework to crush your weight loss goals

Trevor Shirk

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Lean Breakthrough for Weight Loss

Get results and start crushing your weight loss goals in as little as two weeks

Have you tried every diet or workout program out there with little to no success? Have you invested hundreds of dollars into programs which promise results to only find them close to impossible to stick with and execute in your life? Do you have the burning desire to achieve the body of your dreams and be comfortable in a bathing suit at the beach? If you've ever struggled with executing the things you know you must do to lose weight, then Lean Breakthrough is for you.

Are you ready to get the body of your dreams?

Losing weight is more than knowing what you must do or having a diet plan or workout program to follow. The often overlooked and missing ingredient is the actual execution of what we know must be done. That's why Lean Breakthrough focuses on the execution of what we all know we must do in our lives. It will help you build a bullet-proof plan that can work for you and your unique situation.

This book takes you through step-by-step the process of creating your own *LEAN BREAKTHROUGH* for losing weight.

Remember, you can do anything for two weeks.

Here Is A Preview Of What You'll Learn In This book...

- How my weight loss dilemma led me to a discovery for success
- The truth behind why we fail; it's not you.
- Why results don't need to take forever
- Why this works when others fail
- How to get started
- How to clearly define "why" this weight loss goal matters
- How to identify a sprint breakthrough goal

- How to plan your two-week sprint breakthrough
- How to execute your sprint
- The power of reviewing, rinsing, and repeating
- Detailed case study in to my own Lean Breakthrough for weight loss
- How to use a five minute sprint planning template
- And much, much more!

Regardless of your past, this approach can work for you.

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Daniel Miller:

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Perry Payne:

The book Lean Breakthrough for Weight Loss: A results driven 2-week framework to crush your weight loss goals gives you the sense of being enjoy for your spare time. You may use to make your capable far more increase. Book can to be your best friend when you getting strain or having big problem with the subject. If you can make reading through a book Lean Breakthrough for Weight Loss: A results driven 2-week framework to crush your weight loss goals for being your habit, you can get much more advantages, like add your own capable, increase your knowledge about a few or all subjects. It is possible to know everything if you like start and read a publication Lean Breakthrough for Weight Loss: A results driven 2-week framework to crush your weight loss goals. Kinds of book are several. It means that, science reserve or encyclopedia or other individuals. So , how do you think about this publication?

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William Lebel:

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Weight Loss: A results driven 2-week framework to crush your weight loss goals giving you yet another experience more than blown away your thoughts but also giving you useful details for your better life with this era. So now let us teach you the relaxing pattern the following is your body and mind will likely be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary shelling out spare time activity?

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