

## 7 Day Bomb: Drop 7 Pounds in 7 Days (Paperback)



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### **Reviews**

*It is really an remarkable book which i have ever go through. It can be writter in simple terms and not difficult to understand. I am just effortlessly can get a enjoyment of reading a composed pdf.  
(Dr. Lily Wunsch II)*

## 7 DAY BOMB: DROP 7 POUNDS IN 7 DAYS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This Time Next Week You Can Be 7 Pound Lighter. DAMAGE CONTROL The 7 Day Bomb was created by husband and wife team Scott and Naomi Barlow, as a weight loss hack that they could do 7 days before a social event where they knew they were going to be naughty and gain a few pounds. Using the 7 Day Bomb they could lose 7 pounds before the event so they could limit the damage done. The 7 Day Bomb is perfect to do one week before: a wedding a holiday a date a party, or any event where you want to look sharp! or even a weigh-in at your current weight loss class if you ve been heading in the wrong direction! 7 DAY BOMB DIET The 7 Day Bomb was designed purely to limit the damage to your weight one week ahead of the event, but it has been so successful that the creators have now added a diet plan in the book. SOME REASONS WHY THE 7 DAY BOMB ROCKS It s just 7 days! No confusing science - simple plan, just follow it! Nothing else to buy - no shakes or weird exercise equipment to buy Get started today - it takes 30 minutes to read the book Instant results - see daily results both in weight loss and body fat percentage loss No sugar crashes Easy meal preparation Can be bolted onto existing diet plan Great for kick starting a long term weight loss plan Written by two ordinary people who struggled with weight loss and found a solution that works . TAKE THE CHALLENGE! The only thing you have to lose is 7 pounds...



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