



South Beach Diet: The South Beach Diet Beginners Guide to Losing Weight and Feeling Great! (Paperback)

By Daphne Taylor

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.South Beach Diet Beginners Guide! Learn Everything You Need To Know About The South Beach Diet! Here Is A Preview Of What You ll Learn About South Beach Diet. A Comprehensive Overview of the South Beach DietThe Truth About CarbsThe Fat ComplexWhy You re Exercise Routine Isn t Losing WeightHow Different Food Groups Affect Your HealthAll Three PhasesSpecial Bonus on the back!Do you want to get the best beginner s guide on the South Beach Diet? One that is actually practical and easy to follow? Download your copy today! The South Beach Diet Beginners Guide will give you everything you need to know about the diet including the practical steps and science, all in less than an hour! If you are tired of counting carbs, feeling hungry and fatigued, and just plain starving, the South Beach Diet is for you. The South Beach Diet is one of the more popular diets, and for a good reason: it works. In this book you will find out everything you need to know about the diet, including what it is, how...



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