



How to Lose 20 Pounds in 30 Days: Emergency Manual for Weddings, Job Interviews, New Year's Resolutions and Class Reunions

Kevin C. Myers

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This eBook is specifically designed to those who are in a big hurry to lose weight fast! No filler or fluff - a straightforward protocol is laid out for you to follow including what to eat, when to eat, and how much to eat. No weird stuff - eat healthy foods that you like, each and every day.

Importantly, the book also includes instructions on how and when to cheat on the diet!

Exercise is optional but highly recommended. Details are included on a 15 minute routine with options for everyone (you included!).

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