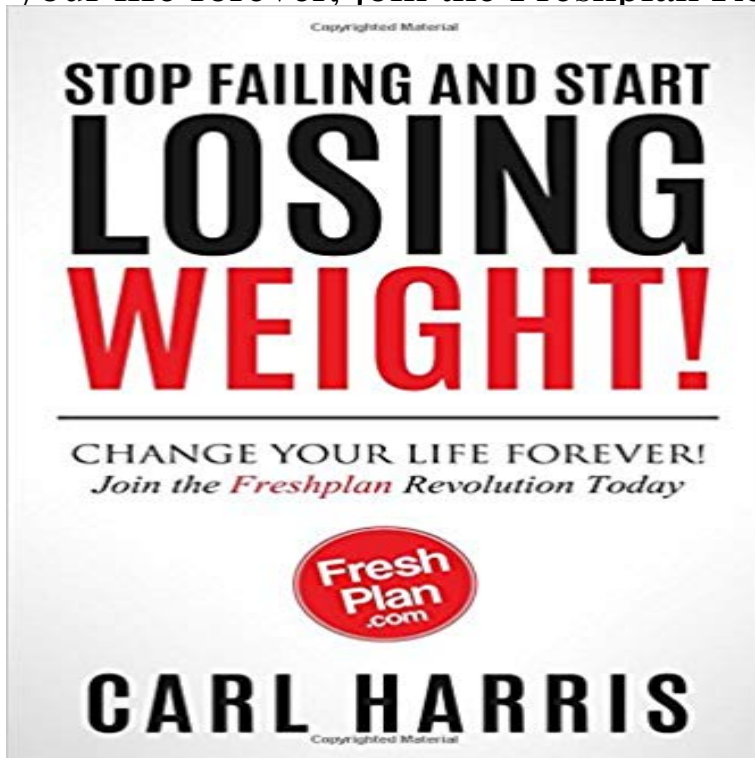


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The Freshplan will change your life for ever! 85% of people fail when they start a diet, This book will show you how to break the cycle of failure and take you on a journey from despair to happiness. This book describes one mans journey to better health with a diet that works for everyone. No secrets, no huge expense to reach a desired weight, Carl Harris is a self-confessed failed dieter who has struggled for years with diets that never seem to work. In the Freshplan Diet, Carl explains why our brains are hard-wired to fail at diets and how dieters can overcome these obstacles. Carls advice is hard won and from the heart and the Freshplan Diet will boost the dieters life in many ways with more energy, a healthier lifestyle and a desire to stay thin the easy way. Everything is possible, is Carls message, and the Freshplan Diet is the first step on the road to personal achievement and better living. This book will open your eyes, everything you think you know about food, nutrition and dieting is probably wrong! This is the road map to success and to being the person you have always wanted to be!

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