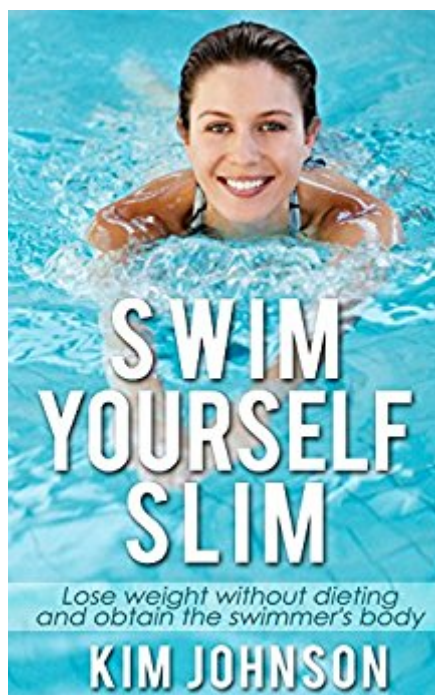


The book was found

Swimming: Swim Yourself Slim And Obtain The Swimmerâ€™s Body: Losing Weight, Get Lean & Stay Healthy (Vegan, Bodybuilding, IIFYM, Whole 30, Carb Cycling, ... Detox, Mediterranean Diet, Build Muscle)



Synopsis

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INSIDE... Have you ever wondered how skinny people consume a tons of food and still manage their weight? Do you want to be one of those "skinny bi**es?" Too many people go on a diet cutting out the foods that they love, spending countless hours on a treadmill thinking that it will magically make them skinny, But the truth is, losing weight doesn't have to be that difficult. In this book you will find how to lose weight without actually "dieting" In this book *Swimming: Swim Yourself Slim and Obtain the Swimmer's Body: Losing Weight, Get Lean & Stay Healthy* you will learn things like... How to lose weight without actually "dieting" What make swimming the best cardio you can do for weight loss What types of swimming techniques results you in maximum calorie loss Step-by-step swimming routine that guarantees your weight loss Many tips recommended by the author! Scroll up, and Click Buy now with 1-Click to Grab a Copy Today!!

Book Information

File Size: 346 KB

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Vegan #60 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Water Sports > Swimming

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Customer Reviews

I have tried different recipes to lose weight but its really difficult to control your diet. For many days I was looking for a way to lose weight without sacrificing my diet. One of my colleague suggested me

to try swimming in order to lose weight. It sound weird that how swimming can help me in losing weight. I searched it on internet and found it interesting and i purchased this while searching on google.I am using the techniques suggested in this book and its really working. I have lose some weight and without changing my eating routine. Awesome !

I've been trying to lose weight for a while, but struggled to go to the gym because I didn't have the motivation. This book was like a life savior to me because it showed me how I can lose weight by swimming. I don't have to push myself to the gym everyday, right now I easily go to the swimming pool and everyday looking forward to doing that.If you want to lose weight by swimming, then this book can definitely can help you do that.

What?! There is absolutely nothing new in this book. I learnt nothing. The dietary advice is non-existent, the swim coaching is very basic and I am left with money and time wasted.

I love to swim and this book will help me set up a weight loss program with it. I can't wait to get started. Thank you!

Doesnt worth the time

Swimming is a great way to lose weight. Great book!

These reviews seem to be made up-- this was an extremely disappointing purchase. The "book" is only about 6 pages long and has no useful or helpful information whatsoever. I returned the book and I roll my eyes at someone who wants to make money by publishing only common knowledge and then writing nonsense rave reviews about it. That's shameful money-mongering.

Some really good advice, some general knowledge that doesn't have great detail but a very well rounded book as a basic start in obtaining a swimmers body. For the price, it's worth a read and I would recommend just don't expect to have the knowledge of an ultimate expert after reading.

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Swimming: Swim Yourself Slim and Obtain the Swimmerâ™s Body: Losing Weight, Get Lean & Stay Healthy (Vegan, Bodybuilding, IIFYM, Whole 30, Carb Cycling, ... detox, mediterranean diet, Build Muscle) Carb Cycling: Unleash Your Bodyâ™s Maximal Potential to Burn Fat and Build Lean

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cooking,) Bodybuilding: Arm Bible: 39 Best Workouts For Bigger And Stronger Arms (Bodybuilding For Beginners, Weight Training, Weight Lifting, Bodybuilding Workouts) (Bodybuilding Series Book 2) Mediterranean Diet Cookbook: The Healthy Living Mediterranean Diet Guide for Smart People â “ With Kitchen Tested Recipes & Diet Success Tips (Mediterranean Diet, Mediterranean Diet for Beginners)

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