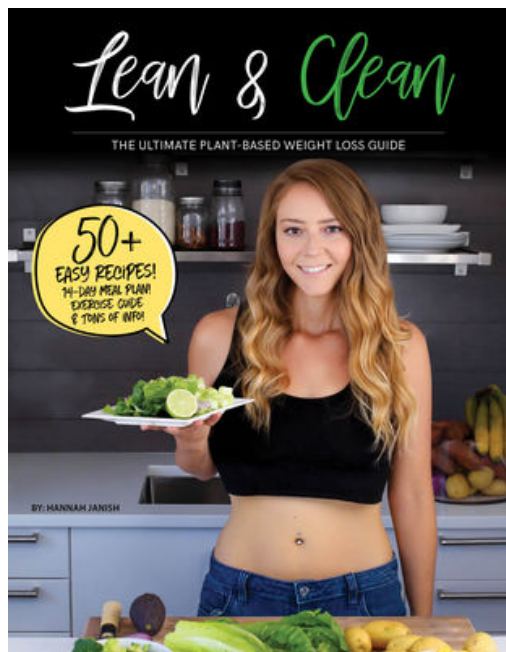


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From Hannah:

I know a lot of times when it comes to bettering ourselves or our lives we think we are alone. One thing you need to know is that you, my friend are not. I have struggled with my health and weight my entire life until a couple years ago. Today I am a better person because of everything that I went through and the most exciting part is that I now get to help you on your journey.

I'm not going to sit here and tell you that I found the secret to easy weight loss or that you can lose 30 pounds in 30 days. That might be great for book sales but it's not realistic (or even slightly true). The truth is there is no secret.

I've found the biggest struggle in overcoming obstacles and reaching our goals is that we stand in our own way. Sure, this book has an amazing meal plan full of fresh whole foods that are ideal for weight loss, it also has a flexible and easy to follow exercise plan to help you get a toned fit body but the biggest thing that stands between you and achieving your goals is actually doing it.

If you're ready to start your journey, I'm ready to be there with you every step of the way.

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