



# **The Fitness Expert Next Door: How to Set and Reach Realistic Fitness Goals in 10 Minutes a Day (How to Change Your Life in 10 Minutes a Day)**

*Michał Stawicki*

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## **How I and 1539 other common folks have lost a significant amount of weight, and you can too!**

Thousands of common folks lose weight every day. It's a scientifically proven fact. They succeed because it's easy when you focus on just a few core principles that really work, instead of constantly chasing the next diet fad or latest fitness research. Is this book for you?

This book is NOT for you if:

- You look for the advice of authorities - I will quote a single research study, but that's as far as expert knowledge goes
- You love to spend: money on fitness and diet programs; hours on preparing fancy diet meals and hours on physical exercise

This book IS for you if:

- You are willing to lose weight, but find excuses are weighing you down
- Too busy
- Don't have money to waste
- Don't like physical exercise
- Love to eat mindlessly

## **Have you tried to lose weight in the past and failed?**

Get to the bottom line of weight loss. You don't need to become a fitness encyclopedia to lose weight. On the contrary - the more you search on the Internet the more confused you can get. In "The Fitness Expert Next Door", you'll discover what you really need to lose weight. And it might not be what you think! Michał Stawicki starts from scratch and guides you to success in your fitness goals.

You'll discover how to successfully establish:

- An incentive to start
- A mindset to persevere
- Creativity to fine tune your tactics
- Consistency to stay the course

## Get started immediately

This book provides you with everything you need to start your success story now, plus shows you how to do it in only 10 Minutes a day! Download *The Fitness Expert Next Door* now and start losing weight and reaching your goals!



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**Olive Wilson:**

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**Mary Rohe:**

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**Larry Artz:**

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