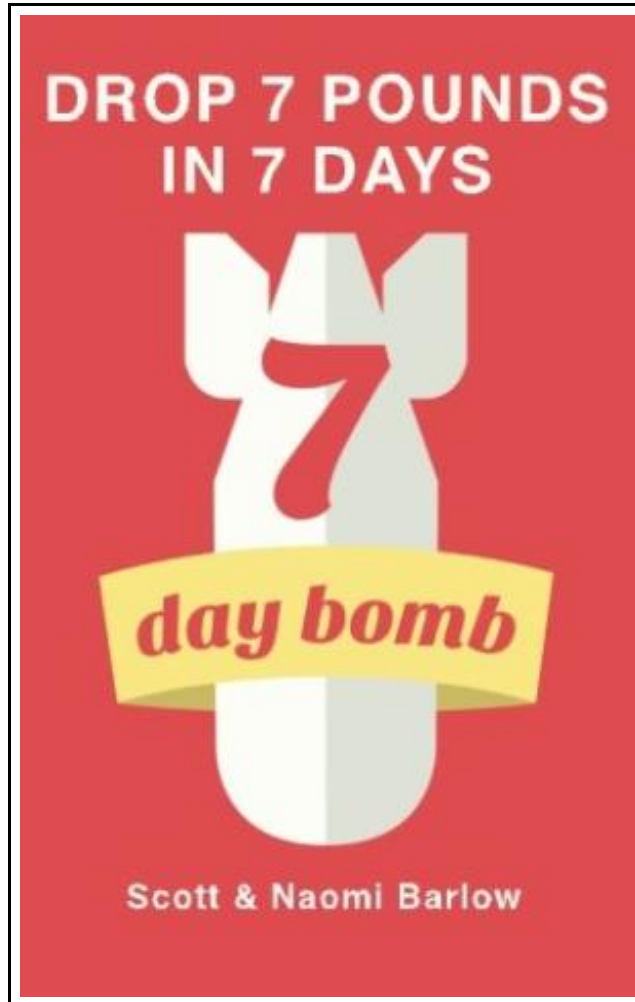


7 Day Bomb: Drop 7 Pounds in 7 Days



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7 DAY BOMB: DROP 7 POUNDS IN 7 DAYS



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 88 pages. Dimensions: 7.8in. x 4.8in. x 0.5in. This Time Next Week You Can Be 7 Pound Lighter **DAMAGE CONTROL** The 7 Day Bomb was created by husband and wife team Scott and Naomi Barlow, as a weight loss hack that they could do 7 days before a social event where they knew they were going to be naughty and gain a few pounds. Using the 7 Day Bomb they could lose 7 pounds before the event so they could limit the damage done. The 7 Day Bomb is perfect to do one week before: a wedding a holiday a date a party, or any event where you want to look sharp! or even a weigh-in at your current weight loss class if youve been heading in the wrong direction! **7 DAY BOMB DIET** The 7 Day Bomb was designed purely to limit the damage to your weight one week ahead of the event, but it has been so successful that the creators have now added a diet plan in the book. **SOME REASONS WHY THE 7 DAY BOMB ROCKS** Its just 7 days! No confusing science - simple plan, just follow it! Nothing else to buy - no shakes or weird exercise equipment to buy Get started today - it takes 30 minutes to read the book Instant results - see daily results both in weight loss and body fat percentage loss No sugar crashes Easy meal preparation Can be bolted onto existing diet plan Great for kick starting a long term weight loss plan Written by two ordinary people who struggled with weight loss and found a solution that works . **TAKE THE CHALLENGE!** The only thing you have to lose is 7 pounds...



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