



## Weight Loss Tips: How to lose 10 pounds in 1 month

*Dr. Lauren Cunning*

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Are you struggling to lose weight in a timely manner?

Do you want to look good for the rest of the summer and be able to wear a bathing suit without feeling self conscious?

Weight is a touchy subject for most people. Some struggle to gain, while most others struggle to lose it. It isn't for a lack of motivation either, it is usually because of a lack of knowledge and guidance. I too had weight problems in the past. I know how big of a struggle and how embarrassing it can be. I am here to help with those problems and tell you what worked for me.

## What you'll learn inside:

- What causes weight gain and weight loss
- Tips and techniques for eating healthy
- How to stay motivated during the toughest times
- How to lose 10 pounds in 1 month
- And much, **MUCH** more!

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