



How I Lost 10 Pounds in 30 Days And How You Can Do It, Too!!

Erin Harrington

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This is just a short book outlining how I lost 10 pounds in 30 days. I went on to lose a total of 70 pounds by doing exactly what I have written in this book. It's not hard or complicated or expensive and now I'm 70 pounds lighter. So, I thought I would write it all down for the masses.



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Charles Massie:

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