



# **Walk Away the Pounds: The Breakthrough 6-Week Program That Helps You Burn Fat, Tone Muscle, and Feel Great Without Dieting**

*Leslie Sansone*

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Losing weight has never been easier or more fun than with Leslie Sansone's WALK AWAY THE POUNDS. For over twenty-five years, Leslie has helped more women get off the couch and onto their feet than anyone else in the fitness industry. Her secret? If you can walk, you can achieve the weight-loss goals you dream about...with none of the intimidation or negative messages that have stopped you from succeeding before. Whether you are a beginner or have been walking with Leslie for years, whether you are a teen or a senior or somewhere in between, you will see results. You will lose real weight, and keep it off—twenty pounds, forty, sixty, or even more. All you need is fifteen minutes a day for starters, two feet, and a willing attitude. There is no fancy equipment to buy, no fad diet to follow, and no fitness club to join. The revolutionary program in WALK AWAY THE POUNDS is designed to keep everybody on the path to success, especially those who have never been able to complete a weight-loss plan before. It's a simpler approach to fitness, one that can change your life. Leslie's step-by-step workbook format sets up the program day by day. You just wake up, flip open the book, and follow the directions. You'll get a combination of in-home walking (that's right, you can do it right from the comfort of your own living room!), simple strength training, motivational breakthroughs, and commonsense advice to help you burn fat, tone muscle, reduce stress, avoid illness, shake off the blues, and boost your energy level sky high. It's never been easier. Women all across America have dropped between 20 and 150 pounds with Leslie Sansone. Now you can too!

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#### **Sarah McClain:**

Spent a free time and energy to be fun activity to complete! A lot of people spent their free time with their family, or their friends. Usually they performing activity like watching television, going to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your current free time/ holiday? Might be reading a book may be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to attempt look for book, may be the reserve untitled Walk Away the Pounds: The Breakthrough 6-Week Program That Helps You Burn Fat, Tone Muscle, and Feel Great Without Dieting can be excellent book to read. May be it can be best activity to you.

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People live in this new time of lifestyle always attempt to and must have the extra time or they will get great deal of stress from both daily life and work. So , when we ask do people have spare time, we will say absolutely of course. People is human not really a huge robot. Then we request again, what kind of activity do you have when the spare time coming to an individual of course your answer can unlimited right. Then ever try this one, reading ebooks. It can be your alternative throughout spending your spare time, the book you have read is definitely Walk Away the Pounds: The Breakthrough 6-Week Program That Helps You Burn Fat, Tone Muscle, and Feel Great Without Dieting.

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In this particular era which is the greater individual or who has ability to do something more are more valuable than other. Do you want to become one among it? It is just simple method to have that. What you must do is just spending your time little but quite enough to get a look at some books. One of several books in the top collection in your reading list is Walk Away the Pounds: The Breakthrough 6-Week Program That Helps You Burn Fat, Tone Muscle, and Feel Great Without Dieting. This book and that is qualified as The Hungry Mountains can get you closer in getting precious person. By looking upwards and review this reserve you can get many advantages.

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