

REMARKABLE RESULTS  
IN 30 DAYS

# *The* **30 DAY** **WEIGHT LOSS** *Framework* by April Laugh



Personal lessons, meal plans,  
and workout guides that will  
help your body and mind focus  
on your weight loss journey.

Easy-to-follow  
plan to help you  
lose up to 10  
pounds in 30 days  
and keep it off!

# Weight Loss Framework

**Charles H. Winter, David M. Hoffman**



## **Weight Loss Framework:**

Discover tales of courage and bravery in is empowering ebook, **Weight Loss Framework** . In a downloadable PDF format ( Download in PDF: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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