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Six Weeks to OMG: Get Skinnier Than All Your Friends

By Venice A. Fulton



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Six Weeks to OMG: Get Skinnier Than All Your Friends By Venice A. Fulton

Six Weeks To OMG shatters age old diet myths. In their place, it shares fresh discoveries, including why:

- skipping breakfast can be healthy
- certain fruits instantly block fat loss
- small frequent meals actually limit your success
- cellulite can be massively reduced in anyone
- juices and smoothies will make you overeat
- exercise timing is more important than how hard you do it
- typical diet induced muscle loss can be minimised

Using a mix of science, psychology and uncommon sense, you will **learn how to lose up to 20 pounds of body fat in 6 weeks.**

The plan - originally designed for A-List clients - proves that while quick fixes don't work, **quick improvements are still possible.** No one is born fat or destined to have cellulite forever. And if you think you've failed on a diet before, think again - *the diet failed.* Anyone with the correct information, and that means *anyone*, can lose all their excess fat.

Six Weeks To OMG is fully researched - and - fully tested by demanding clients. It also uses cutting edge principles only recently popularised by *Intermittent Fasting.*

If you have the courage to challenge traditional ideas, this is the book for you. You won't be bombarded by impossible to make recipes (there are *no* recipes), and you won't be forced to use every technique in the book. You *will* quickly become an expert, and most importantly, start to look like one.



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Editorial Review

Review

Six Weeks to OMG is the *New York Times* bestselling diet book by Venice A Fulton.

The diet that's changing diets - **Metro**

Move over Dr Dukan - **The Times**

It's quickly becoming one of the top slimming books - **Daily Mail**

It's a phenomenon - **The Men Who Made Us Thin, BBC**

About the Author

Venice A. Fulton is an expert in nutrition and exercise physiology who has dedicated himself for more than a decade to helping his high-profile clientele keep their bodies fit and healthy. This book was originally designed for the author's A-list clients. Visit Venice at www.veniceafulton.com.

Users Review

From reader reviews:

Susan Scott:

Here thing why this kind of Six Weeks to OMG: Get Skinnier Than All Your Friends are different and reputable to be yours. First of all examining a book is good nevertheless it depends in the content than it which is the content is as delightful as food or not. Six Weeks to OMG: Get Skinnier Than All Your Friends giving you information deeper including different ways, you can find any reserve out there but there is no publication that similar with Six Weeks to OMG: Get Skinnier Than All Your Friends. It gives you thrill reading through journey, its open up your current eyes about the thing in which happened in the world which is probably can be happened around you. You can actually bring everywhere like in park your car, café, or even in your technique home by train. Should you be having difficulties in bringing the published book maybe the form of Six Weeks to OMG: Get Skinnier Than All Your Friends in e-book can be your substitute.

Terry Smith:

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