



# Flat Belly: Drop the Weight and Shrink Your Waist in 7 Key Steps (The Way to Wellness Book

4)

*Renee Herrington*

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## **Flat Belly: Drop the Weight and Shrink Your Waist in 7 Key Steps (The Way to Wellness Book 4)**

Renee Herrington

Do you wish you had a flatter, more toned stomach? Are you frustrated with the endless diets and abdominal exercises that don't give you results? If you have ever had trouble getting rid of that extra fat around your waist, then this book is for you.

I know first hand how frustrating it is when you are careful about what you eat and when you spend so much time exercising only to still be stuck with that stubborn belly fat. In the past, even if I lost weight, my waistline would stay about the same size.

Now I follow the steps in this book and have gotten rid of the excess belly fat. The 7 keys steps that I am going to share with you **ACTUALLY WORKED FOR ME AND WILL WORK FOR YOU, TOO**. I am thrilled to partner with you to help you attain your ideal waist size.

The Flat Belly Book gives you all of the tools you need in order to successfully lose those extra inches around your waist and to stay nice and slim for life. The 7 steps are simple, straightforward, and effective.

Get started today with the 7 steps that will help you reach your goal of achieving a flat belly.

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