

The 3 1 Plan The Insiders Way To Achieve Financial Freedom With Just 4 Properties

Craig Comes planned for a journalism career, while his friends expected him to become a bestselling author. But undiagnosed Attention Deficit Disorder (ADD) and Depression struck after college. After the writing stopped, delusion and denial lead to poverty. long term joblessness and self-imposed exile. Returning to himself would take 15 years in a journey spanning from California Wine Country to the South African veld. This is his story.

Home is where the heart is... Seven years after leaving town and the only girl he loved, Cooper still couldn't forget about Sophia. He had two loves. Music and the woman of his dreams. Coming back home proved that would always be true. But things have changed. Now he has to gain her trust again if he wants to make her all his. The question is, did he lose his chance the first time? Some things are hard to forget... Sophia tried to stop loving Cooper and failed miserably. Despite the way he'd abandoned her seven years earlier, she can't seem to stay away, even though trusting him doesn't prove easy. One careless night could change it all and the secret she carries may ruin any chance of them being together. They say life is all about taking chances. But when opportunities are lost and love comes knocking the second time around, lives are changed forever.

thimblesofplenty is a group of friends who also happen to be business people and avid readers. We wanted to keep up with the latest business books but found that time was a factor. So we divided out the work and each of us took a book and summarised it for the others. We though it might be a

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great idea to share these summaries with you. For a small price and a 3 minute time investment, our summary gives you some of the wisdom from the book, some food for thought and hopefully the impetus to make some time to read the whole book!

Lots of Kids write letters to Santa, but those delivered to the North Pole are answered by a group of dedicated volunteers who call themselves The Elves. *Blame It On Mistletoe* – Abby Baxter has spent the year since her husband’s death trying to hold on. When she discovers her son is missing, her entire world trembles— until her husband’s best friend appears at her door. Secretly in love with Abby for years, Frank Machado is determined to see JD back in his mother’s arms. Sparks fly, hearts warm, love—and Christmas—are in the air. Should they Blame it on Mistletoe? *If Only In My Dreams* – Jilted in North Pole, Alaska, café owner Amelia Beckett’s bad man-karma has struck again! She wants out of this cutesy town—until a snarling, injured fox in her backyard sends her running to strong, silent neighbor and café regular, Wes Curtis. Wes moved to Alaska after his wife died, not expecting he’d need to brush up admittedly rusty dating skills. But moonlit nights spent helping beautiful, skittish Amelia and the fox relax and heal make him determined to convince Amelia she belongs in Alaska—with him *What Child is This?* - Hope Grayson’s six-year-old daughter clearly wants a daddy for Christmas. Eli Thompson has never forgotten Hope, realizing just how much he’s missed her. When he unexpectedly shows up to help in the clinic, Hope is stunned. She wants to protect her daughter and her heart, but is it possible Eli is the perfect Christmas present for them both?

Mr. Beaver Plans A Party is the second book in a series of three books. The first being *The Day Mr. Beaver Meets a Moose*. A forest party is planned by Mr. and Mrs. Beaver. Who will they invite?

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Dr. Brooke Spencer always felt different from other girls. Now a successful scientist, she is finally discovering where she belongs: working alongside the brilliant, trailblazing researcher Dr. Charles Samuelson. Dr. Samuelson has recently made a discovery that has eluded philosophers and dreamers for centuries: How to transmute iron into gold. Determined to use the knowledge for good, Dr. Samuelson recruits Brooke to assist him with his new plan, his "Golden Manifesto." But humans are not alone and his discovery has not gone unnoticed. Extraterrestrial visitors seek to control Dr. Samuelson's Breakthrough, and before long, Brooke is all that stands between Earth and total Destruction. Will she be able to hold her ground? Or will the timeless temptation of gold prove too much for even the strongest of spirits? Brooke will soon face a choice that will make her question her background, her career, and the fate of the planet.

Escape from the everyday stresses in your life and unwind with Chromalaxing, Kaleidoscope Series, Adult Coloring Book #1. The first book in this great new series. Forty intricately and delightfully designed images. Printed one side per page. The reverse side includes the image number so you can leave your thoughts and specific feedback for us per image. Your finished work may be suitable for framing or gift giving. Our website (<http://www.chromalaxing.com>) features fun art contests. Enter today and show us your masterpiece for a chance to win great prizes. Vote for your favorites too. Our designs offer a pleasing variety in image complexity suitable for beginner to expert-level. Provides unlimited hours of relaxing stress relief, as well as an enjoyable artistic outlet. Tap into the soothing and rejuvenating effects that coloring has been shown to produce. Join countless adults all over the world and rediscover the fun and relaxing hobby of coloring. Grab your pencils, pens... relax and explore your creative side today.

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She emerged as innocent as any newborn. The party of starbursts and sparkles came to a standstill. In awe, millions of heavenly beings paused. Shine Star, Princess of the Universe, was the most precious and rare of all creations. As an expression of perfect happiness, thus was the king's daughter born. A magical love story unfolds in Vikrant Malhotra's wondrous debut, *The Stories of Goom'pa: Book One*. Meet Goom'pa. He is a Poofy, a small furry creature who resides on Earth in a place called Palidon, on the edge of the Miron National Forest. His world is a quiet one-until he spies Shine Star, a glorious star in the sky and the daughter of Prime Ray, the king of the universe. Enchanted by her elegance, Goom'pa knows he is willing to do anything to win the love of this celestial beauty. As the two meet and fall in love, Shine Star's father worries about his only daughter. Exploiting that concern is the Star Lord, Rath, who wants nothing more than to wrestle control of the universe away from Prime Ray. Will Goom'pa and Shine Star find a way to be together? Or will Rath's evil plan doom them all?

Modern-day pirates took more than Jori Virtanen's friends; they stole his face. Not only does the twenty-four-year-old former model have to confront months of reconstructive surgery, he discovers his previous life was as superficial as his looks. Up-and-coming talk show host Olivia Howard wants an interview.

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She, like the rest of the press, expects a hero, but Jori knows the truth. His beauty masks a beast. In seclusion and evading the press, Jori struggles to make a new life as an artist. But he can't hide from himself; more than his face is damaged. How can Jori possibly make amends for all that he's broken? When Olivia finally tracks him down, he must decide if he can trust her. Could this unlikely woman be a key to freeing his heart and healing the beast?

When Aislinn Amon's father disappears, her mother drags her from New York to Indiana where she is to attend a new boarding school - Source High. At Source High, Aislinn finds herself in a whole other world than what she knew. Everyone has something supernatural about them, including her. Soon, she finds that she's not the normal, rebel, messed up teenage girl she thought she was. Her friends try to help her along the way when trouble comes knocking on her door. People die, she finds herself falling in love with, something she swore she'd never do, and secrets start to form. Can Aislinn cope with everything that's happening? Can she handle the life she's been forced to deal with? Or will she crack under the heavy pressures laid upon her seventeen-year-old shoulders?

Vivia is a hag, one of the last of her race, and can die, visit the underworld and return at will. She has a job she loves-helping London's most vulnerable supernaturals, even if her colleague Malcolm drives

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her round the bend on a daily basis. Then Malcolm is outed as a zombie and, along with his teenage son Ben, flees the police. When Malcolm is captured, he is only able to pass on one message before his dead brain degrades completely: 'He killed me.' As Ben remains missing, the police find decades-old corpses hidden near Malcolm's house, and Vivia begins to realise there's a lot more at stake than just a possible zompocalypse...

The Book of the Dead is an ancient Egyptian funerary text, used from the beginning of the New Kingdom (around 1550 BCE) to around 50 BCE. This Reading & Answer Book is for the student of hieroglyphs who wishes to extend their translation skills using real ancient Egyptian texts. The pages contain the hieroglyphic text, phonetic translation, literal and full translations and should be used with the accompanying Student Work Book which contains only the hieroglyphic text and phonetic translation. Most of the text is taken from the Papyrus of Any: The papyrus of Anwy (Any) was found at Thebes and was purchased by the British Museum in 1888. It measures 78 feet by 1 foot 3 inches and is the longest papyrus of the Theban Period. It is made up of 6 individual parts. It contains a number of chapters of the Book of the Dead, mostly accompanied by illustrations. The titles of the chapters in the papyrus are written in red. In the following texts a phonetic (grey) translation of the

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hieroglyphs is provided to aid word identification in the Student Work Book and in the Reading & Answer Book, an English transliteration and a full literal translation is given for reading and study. This work is taken from the Papyrus of Anwy and other sources to complete the utterances of the Book of the Dead.

A beard-related dare and one hot-as-hell kiss changes everything. NFL center Ethan Dexter's focus has always been on playing football and little else. Except when it comes to one particular woman. The lovely Fiona Mackenzie might not care about his fame, but she's also never looked at him as anything more than one of her brother-in-law's best friends. That ends now. Fi doesn't know what to make of Dex. The bearded, tattooed, mountain of man-muscle looks more like a biker than a football player. Rumor has it he's a virgin, but she finds that hard to believe. Because from the moment he decides to turn his quiet intensity on her she's left weak at the knees and aching to see his famous control fully unleashed. Fi ought to guard her heart and walk away; they live vastly different lives in separate cities. And Dex is looking for a forever girl. But Dex has upped his game and is using all his considerable charm to convince Fi he's her forever man.

WARNING: Do Not Read This Book If You Hate Money To build a successful business, you need to

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stop doing random acts of marketing and start following a reliable plan for rapid business growth. Traditionally, creating a marketing plan has been a difficult and time-consuming process, which is why it often doesn't get done. In *The 1-Page Marketing Plan*, serial entrepreneur and rebellious marketer Allan Dib reveals a marketing implementation breakthrough that makes creating a marketing plan simple and fast. It's literally a single page, divided up into nine squares. With it, you'll be able to map out your own sophisticated marketing plan and go from zero to marketing hero. Whether you're just starting out or are an experienced entrepreneur, *The 1-Page Marketing Plan* is the easiest and fastest way to create a marketing plan that will propel your business growth. In this groundbreaking new book you'll discover:

- How to get new customers, clients or patients and how to make more profit from existing ones.
- Why "big business" style marketing could kill your business and strategies that actually work for small and medium-sized businesses.
- How to close sales without being pushy, needy, or obnoxious while turning the tables and having prospects begging you to take their money.
- A simple step-by-step process for creating your own personalized marketing plan that is literally one page. Simply follow along and fill in each of the nine squares that make up your own 1-Page Marketing Plan.
- How to annihilate competitors and make

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yourself the only logical choice. - How to get amazing results on a small budget using the secrets of direct response marketing. - How to charge high prices for your products and services and have customers actually thank you for it.

A comprehensive exercise plan with over 75 unique exercises and combinations for pregnancy and the 9 month postnatal period. Flexible, safe, effective and easy to follow, the 3-Plan will have you looking fantastic in just 3 hours a week! The only book you need from the first days of your pregnancy to slipping back into your pre-pregnancy wardrobe..... In April 2013 the 3-Plan was book of the month in Prima Baby and well reviewed in the Midwives journal. Get your body strong and healthy for a smooth labour and delivery, discover the secrets of the celebrities, running advice, tummy flatteners and pelvic floor exercises, cardio ideas, back stretches and warm up guide, diet and calorie guidelines, exercise instructions, photos and journal template, real women. Your all encompassing pregnancy and postnatal fitness and health guide - this is the book you have been waiting for!

A dense black cloud boiled up in the southeastern sky. It rose high and fast, like a time-lapse movie of the birth of a thunderhead. But it was no rain cloud. Wholly black, it reached up and up until it loomed over her, blocking out the sun. Somehow, she knew, it was Death coming for her. Three months have passed since the mysterious event transformed life on Earth. The air grows colder, the days shorter, the snow deeper, and Coral and Benjamin struggle to find food enough to keep them on their feet. Moving on to warmer climes seems their only long-term hope, but travel means a terrible danger: encountering other people. The rule of law is gone, the old morality is crumbling, and Coral needs all her wits and skill to survive in this brutish new world. (Gray is a trilogy.)

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The 3 + 1 Plan Delancey Press

This volume explores higher level, critical, and creative thinking, as well as reflective decision making and problem solving -- what teachers should emphasize when teaching literacy across the curriculum. Focusing on how to encourage learners to become independent thinking, learning, and communicating participants in home, school, and community environments, this book is concerned with integrated learning in a curriculum of inclusion. It emphasizes how to provide a curriculum for students where they are socially interactive, personally reflective, and academically informed. Contributors are authorities on such topics as cognition and learning, classroom climates, knowledge bases of the curriculum, the use of technology, strategic reading and learning, imagery and analogy as a source of creative thinking, the nature of motivation, the affective domain in learning, cognitive apprenticeships, conceptual development across the disciplines, thinking through the use of literature, the impact of the media on thinking, the nature of the new classroom, developing the ability to read words, the bilingual, multicultural learner, crosscultural literacy, and reaching the special learner. The applications of higher level thought to classroom contexts and materials are provided, so that experienced teacher educators, and psychologists are able to implement some of the abstractions that are frequently dealt with in texts on cognition. Theoretical constructs are grounded in educational experience, giving the volume a practical dimension. Finally, appropriate concerns regarding the new media, hypertext, bilingualism, and multiculturalism as they reflect variation in cognitive experience within the contexts of learning are presented.

In this thrilling final installment of the cartoon novel series, Herbert, Alex, and Sammi must find out who the mysterious villain who calls herself AeroStar and bears a striking

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resemblance to one of the heroes really is.

Here's how to get rid of that stubborn extra weight without gaining it back (Now! Includes 40 Delicious Metabolism Boosting Recipes) In a world overflowing with all kinds of diets, how do you choose the right one for you? Try them all? You've probably tried quite a few already, but did they work for you? Normal fad diets usually get results quickly, but the weight returns with a vengeance shortly afterwards, and potentially leaving you with untold damage to your hormonal systems, without you even knowing. Luckily, you're not alone in this. In "The 3-Step Thyroid Plan" by Maggie Fitzgerald you'll discover why the weight rollercoaster happens, and the reason why you cannot get rid of that few extra pounds that just won't budge. You'll also learn exactly which hormones are controlling your life and how. Maybe you don't realise it, but in the next few moments you're going to learn how to take control of this whole situation. In this book you'll discover: How to check if your thyroid is responsible for your weight gain What even some doctors don't know about traditional thyroid treatment Why taking thyroid meds can be dangerous. Why a balanced approach gives you the best results, without the side-effects. How easy this approach is once you know what to do. How this one gland can be responsible for more than just weight gain. Some commonly overlooked "secret weapon" supplements that makes weight-loss a breeze. Exactly how to take control to feel and look better than ever before! Everything is outlined for you, step by step. Feeling good and comfortable in your own skin has never been simpler or easier. All you have to do is follow the steps. Fact. If ignored, the problem won't get better by itself, but you have in this book all the know-how and tools to get amazing results. Look great. Feel great. Get your copy now. **EXCLUSIVE BONUS: The Absolute Truth About Detoxification And Weight Loss!** This is an exclusive publisher

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bonus available for our readers only, in this report you'll discover: Why is Detoxification Important?! How Detox Leads to Weight Loss! Do Detox Diets Work? Do Detox Foot Pads Works? Do you really Need Detox Diets and Foot Patches? Free Natural Ways to Detoxify Your Body.

Ride the hilarious roller coaster with Glen Stanford as he follows Steve Scott's plan in "How to Write a Nonfiction e-Book in 21 Days " Not one to let the writing process cramp his style, this ukulele-playing bluegrass-singing YouTube sensation (32 views and counting) juggles his new-found fame with astonishing persistence to produce not one, but two works of genius. This is the true story. The (secret) recipe for success: Writer's buzz - 1oz Sleepless nights - 2oz Tenacity (and beer) - 7 (units left deliberately vague) Irreverence and political incorrectness - to taste Espresso - administered intravenously - 55 gal Pizza (1/2 pepperoni, 1/2 mushroom) - 37 slices Humility - a whole bunch Blend and enjoy.

In a world where heroes were forced into retirement in the aftermath of a nuclear attack on America Michael Sanders must rise to the occasion and discover what it means to live and rise up from underneath The Long Shadow.

Everything you need to know to look after yourself to bring about and maintain perfect health, prosperity, wealth, happiness, quality of life and longevity. It reveals that we are, without realising, not doing enough or the right things to protect our health and prosperity which is equally extremely damaging to nature, wildlife, oceans, sea-life, fresh springs, waterways and air, and us. The Book by Linde utilises new and ancient knowledge from around the world, over the millennia identifying what

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changes we need to make to enhance every aspect of our lives with simple solutions for almost every situation. It is your most powerful contribution to protecting, nurturing and saving our planet. In summary, 'THE BOOK' Consists of Six Chapters which incorporates a summary within each one: Lifestyle; Food & Nutrition; Medical Care; Mind; Water; and Now Live the final chapter which you can cast your eye over first as it is a synopsis of the complete works. It is highly recommend to read from cover to cover but, it is packed with valuable information to just use as a Reference Manual on a day to day basis. Teaches you how to look after your body and mind to ultimately prevent illness, but also to help regain and maintain perfect health; Provides countless number of practical, realistic & simple tips to easily adopt into your day to day lifestyle improving quality of life, saving time & money and gaining longevity; Fuses together specialised areas in health & mind, lifestyle & environment under one cover; Identifies our day to day toxic exposures that we are unaware of and provides successful resolutions; Gives you complete fundamental knowledge and awareness, to use your courage to take responsibility for your life enhancing your health, prosperity and happiness; Provides you with ancient knowledge and practices to new, from science including quantum physics, to philosophy, psychology, and important detail on nutrition, exercise, energies and medicine; Is very current, answering all the conflicting hype about diets, the next super food or the bad effects of conventional drugs or sugar that are in the media weekly, even daily; For more information please visit

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www.thebookbook.co.uk

Presents a plan for permanent weight loss that uses the pectin in apples to promote weight loss, and includes exercise guidelines, meal plans, and more than one hundred recipes.

Are you awed by the smell of flowers or the busy buzz of the bees? Are you awed by the all of the snow or the rustle of the trees? In *The Book of Awe*, readers are reminded to take a minute and see the beauty in the everyday things around them.

Gizmo Goes to a Baseball Game is the first in a series of *Gizmo Goes Adventures*. Gizmo is excited to go to his first baseball game. He is even more excited to meet the team's mascot, Chico, a little dog too. Gizmo gets sidetracked and the day does not go as planned.

****The internationally bestselling series!**** Kristia

Tostenson prefers Earl Grey to Grey Goose and book clubs to nightclubs. But when she transfers from her one-stoplight Oregon town to Cardiff University in Wales, she falls in love with Ull Myhr. Her new boyfriend isn't exactly what she was expecting. Ull is an honest-to-goodness Norse god — an immortal assassin fated to die at Ragnarok, the battle destined to destroy Asgard and Earth. When someone starts asking the wrong questions, Kristia realizes the crazy visions she's had all her life might be the key to saving their realms... even if they end up costing her her life. Her orderly world just got very messy. (*Elsker: The Elsker Saga, Book One*)

When ancient gods ruled and Druids kept Faith alive, the Celts thrived as a democratic, matriarchal society. Then savage Roman soldiers swept across Europe, killing and

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enslaving. The Celts did not succumb without a fight. Their Old Ways survived centuries of ruthless domain until another menace loomed: a tortured god worshiped in cold stone buildings. The sacred shores of Avalon began to drift away, the mists threatened to hide the island from mortal eyes forever. Against the bleak backdrop of war, the gorgeous Scottish Highlands stood tall, sheltering its inhabitants from greedy invaders. Yet the reach of the eagle banners was long and the highlanders turned to the Goddess for protection. However, the sacred groves felt silent and grim as Avalon faded away. Once sad, pealing bells began to sound strangely comforting while the high walls of monasteries offered an alluring barrier from violence. Caught in the middle of this centuries-old war, a young High Priestess might be Avalon's last chance. Wise beyond her years and powerful like no other Priestess in her lifetime, Rowen had served the Goddess faithfully, forsaking her family and the company of her soulmate. When the Lady of the Lake asks for another sacrifice, it might be one too many for her scarred heart. How could she obey the Goddess without betraying Caddaric? Could she trust Eochaid, who embodied everything she despised and hated? Would she be able to fulfill her duties without losing her soul? Caddaric had been Rowen's companion in countless lives; but, now, they existed in different realms. Beautiful Rowen lived in the mortal world while sweet Caddaric remained in the sacred isle of Avalon, watching over her. Could he step aside to allow another man - a flesh and blood man - to become her protector? Eochaid had sworn to protect the

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Old Ways. The rude warrior never quite understood his faith yet his loyal heart belonged to the Goddess. A gorgeous, fiery High Priestess was not in his plans. He would risk his life to protect Rowen; but, would the Goddess safeguard his heart? Could he defend the bewitching maiden from himself? When stakes were so high that a simple mistake could cost their very world, a priestess, a Druid, and a warrior must learn to trust one another and the mysterious ways of the Goddess. Their success would save Avalon. Their failure would tear the island from the human realm forever, condemning it to oblivion. Failure was not an option. This is a standalone, historical/paranormal romance. Its mature themes - sexual violence, religion, and pagan rituals - might not be appropriate for audiences under 18.

Colin has yet another argument with his wife and storms out of the house with the intention of watching the remaining half of a football match in his local pub. However, he is knocked down by a car whilst crossing a road. And, That is just the start of his troubles...

Brett Alegre-Wood has the tools for you to invest in any property market. He will show you how to structure your portfolio so market fluctuations will not touch you, teach you how to make the right investment decisions and achieve financial freedom now and get the security of knowing you can retire in comfort.

Hairnigans. Friendship. Big Dreams. The previously scheduled life Maya Hatton planned has been interrupted for an emergency broadcast announcement. A news station manager threatens to destroy over twenty years of brand and image building with a new contract

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from hell. Her husband Roddreccus moved into the rental property and refuses to move home without explanation. Instead of finding confidence, fun, and freedom as she enters her mid-fifties she's faced with crises. Fans believed she had it all together but her dream team lost a member, a villain hijacked her fairy tale marriage and now she needs to remember how to be the Maya everyone thinks she is or lose the best thing she ever had. Natural Sistahs series is written by an African American author whose chosen her natural hair since 1998. While one of many indie published black authors she considers her books appropriate for the women's fiction category though most would be shelved in the black fiction, black books, African American women's fiction, or black women's fiction section in most physical bookstores.

#1 New York Times best-selling author Joy Bauer shows you how you can eat your favorite foods, kick up your energy level, and take off pounds! Joy Bauer, the #1 New York Times best-selling author of Joy Bauer's Food Cures, and one of the nation's leading nutrition authorities, teams up with Prevention, America's favorite health magazine, for an easy-to-follow diet and exercise program that delivers steady, safe, and impressive weight loss?up to 6 pounds in the first week, and up to 2 pounds every week thereafter?and you'll enjoy every minute of it! Millions of viewers who watch Joy Bauer's regular appearances on the Today show have come to rely on her sound nutritional advice and encouraging motivational tips. Prevention's 3-2-1 Weight Loss Plan combines effective eating, fitness, and thinking into one

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winning formula: 3-2-1 eating: Boost energy, and reduce cravings by eating 3 meals, 2 snacks, and 1 delicious treat every day 3-2-1 fitness: Boost your metabolism, burn fat, and stay motivated with 3 minutes of cardio exercise, 2 minutes of strengthening movements, and 1 minute of abdominal work. 3-2-1 thinking: Easy-to-remember positive behavior techniques. Some you do 3 times a day (each time you eat a meal), 2 times a day (just before or during lunch and dinner), or just 1 time a day (at the end of the day or week.) The 3-2-1 approach minimizes the effort and maximizes the satisfaction. How does it do this? With the following unique and powerful benefits: - Less hunger and more satisfaction from every bite - The opportunity to eat your favorite foods every day - A sane meal plan for people with insane lives - Effective exercise that is invigorating, interesting, and motivating - A faster metabolism - A system for staying motivated And, best of all, it works. Prevention's 3-2-1 Weight Loss Plan is the last weight loss plan you'll ever need!

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