



5 Pounds: The Breakthrough 5-Day Plan to Jump-Start Rapid Weight Loss (and Never Gain It Back!)

Harley Pasternak

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For most people, the hardest part of lasting weight loss is either getting started or reaching their goals--too often, motivation is tough to maintain or those final few pounds simply won't budge, no matter how many hours are logged on the treadmill and how many calories counted. Now, from the New York Times bestselling author of *The Body Reset Diet*, comes a deceptively simple plan to slim down--whether you to need to shed those last few stubborn pounds or want to jump start a more significant weight-loss effort.

5 Pounds teaches readers how to implement five simple strategies as daily habits:

*Walk 5 miles a day.

*Eat protein and fiber 5 times a day.

*Do resistance exercise 5 minutes a day.

*Sleep at least 7 hours a night.

*Unplug at least 1 hour a day.

Readers will enjoy immediate results--dropping 5 pounds or more in just 5 days--and boost energy, improve overall health, and finally achieve long-term weight-loss success. With step-by-step advice, easy-to-prepare recipes, and motivating success stories, *5 Pounds* will transform the way readers look and feel forever.

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Karon Hall:

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