



# The Quick Start Weight Loss Program: Lose Up to 10 Pounds in Just Two Weeks!

*Carolyn Ridder Aspenson*

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Praise for the Quick Start Weight Loss Program "The results I was able to achieve following Carolyn Aspenson's Quick Start Weight Loss Program were nothing short of amazing. I was never hungry. On the contrary, I was eating MORE food than I ate when gaining weight. Within a few days, all of my cravings had left me and following the plan was very easy. It is very adaptable and although initially, there are some strong restrictions, I was able to comfortably follow the plan for six weeks. I lost twelve pounds in the first month and four more in the final two weeks that I was working with the plan. I highly recommend her process to anyone seeking to achieve permanent weight loss." Katrina Rasbold, Professional Life Coach, Author. Quick Start Weight Loss Program is an easy way to incorporate healthy, nutritional lifestyle changes into your life for effective weight loss. Implement the lifestyle laws detailed in this book and you'll see a drop in weight! This is not a diet. This is a lifestyle change designed to initiate weight loss.

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