



# **The 10-Day Smoothie Challenge: Lose Weight, Feel Great, and Transform Your Life from the Inside Out**

*Drew Canole*

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### **Move Beyond the “Before” Picture**

Have you ever had a stranger stop you on the street just to tell you how beautiful your skin looks? Has a fellow mom in your child’s class pulled you aside to ask you what your weight loss secret is? If you still feel like you’re living the “Before” side of your transformation story, take heart. There is a way to success that doesn’t involve counting calories, counting carbs, or grueling workouts. You can have clear skin, a flat belly, and more energy than you’ve had in decades! The secret is knowing where to start.

### **All You Need is 10 Days and a Blender**

What if you could completely change your life in only 10 days? It turns out that you can! Author Drew Canole has helped thousands of people lose weight and achieve vibrant health, and now he wants to help you, too! *The 10-Day Smoothie Challenge* is a comprehensive program to help you kickstart your healthy new lifestyle in a fun and supportive atmosphere. You’ll be drinking smoothies that are satisfying and jam-packed with tasty and nutritious ingredients, so you won’t be hungry or bored.

Finally learn:

- How to overcome cravings
- How to program your mindset for success
- Which foods are actually healthy...and which aren’t
- How to get a good night’s sleep every night
- 50+ new recipes for healthy, delicious smoothies

### **You Don’t Have to Do It Alone**

With the purchase of this book, you’ll be welcomed into an active support community that will keep you accountable and even give you the chance to win great prizes like juicers and blenders. In addition, the author himself is with you every step of the way as he shares his own health transformation and personal success secrets.

Find your motivation, kick bad habits to the curb, and live the life you’ve only dreamed of. With the help of *The 10-Day Smoothie Challenge*, you can start living your “After” story today!

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#### **Rita Hackett:**

The publication untitled The 10-Day Smoothie Challenge: Lose Weight, Feel Great, and Transform Your Life from the Inside Out is the publication that recommended to you to read. You can see the quality of the book content that will be shown to anyone. The language that writer use to explained their ideas are easily to understand. The writer was did a lot of exploration when write the book, so the information that they share for you is absolutely accurate. You also can get the e-book of The 10-Day Smoothie Challenge: Lose Weight, Feel Great, and Transform Your Life from the Inside Out from the publisher to make you much more enjoy free time.

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was represented how do the world has grown up. The terminology styles that writer value to explain it is easy to understand. Often the writer made some study when he makes this book. Honestly, that is why this book suited all of you.

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