



# Lose the Baby Weight in 4 Weeks: and keep it off without dieting

*Sebastian Walker*

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**You just had a baby right? And now you want your pre-pregnancy body back right?**

**Well the truth is, many women never do anything about it and therefore never lose the extra weight or return to their normal size and weight. But that's not you... because if it was, then you wouldn't have found this book or be reading this right now.**

**Do you want to lose the extra baby weight? Do you want to get your body back? Better yet...do you want an even better body than you had before you were even pregnant?**

**Then this is the book for you. It offers an amazing, tried and tested 4 week program that has worked over and over for countless women. This book offers a step by step, day by day plan that takes all of the guess work out of it. All you have to do is follow the simple workout that is written out for you for the day and then flip the page the next day and repeat. Day by day you are told EXACTLY what to do... all you have to do is follow the guide for 4 weeks and you will be 100% satisfied with the results.**

**If you are serious about dropping the baby weight and improving**

**your body then do yourself a favor and don't wait another second,  
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