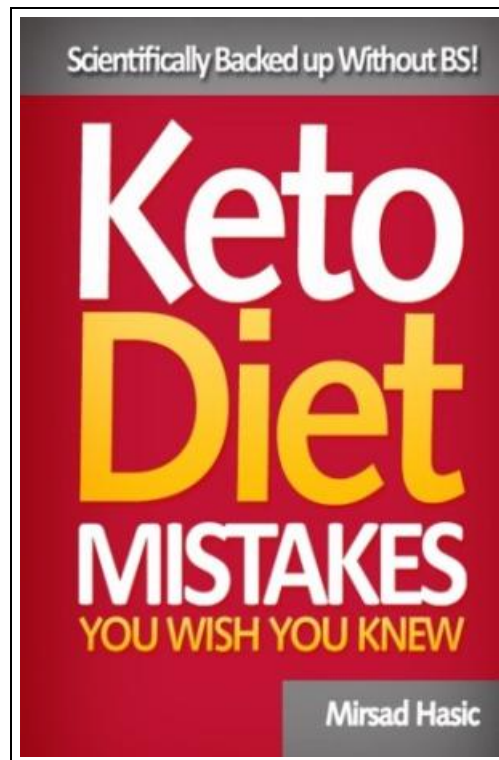


## Keto Diet Mistakes You Wish You Knew: Scientifically Backed Up Without Bs! (Paperback)



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*Absolutely among the best book We have ever study. It is actually writter in easy words instead of hard to understand. I found out this publication from my i and dad encouraged this book to find out.  
(Kristina Rippin)*

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Discover the Mistakes You Are Making with the Keto Diet, and Your Failure becomes a Thing of the Past! The Keto diet has been around for decades now. There have literally been tens of thousands of people who lost considerable amounts of weight by utilizing it properly. However, there is a flip side to this. There are countless others who have failed to shed a single pound from this well-known weight loss program. Those who have tried and failed, probably think this is a simple case of what works for some, doesn't always work for others. If you are one of those folks who has failed at the Keto diet, or someone who's thinking about trying it for the very first time, then this book is a must read for you, especially if you're serious about achieving your weight loss goals. Eliminate Mistakes to Eliminate Failure It's been my experience that most people jump on the Keto diet without having any idea of the common mistakes that so often lead to failure. It's not that the Keto Diet isn't working for them, but more a case of they're not working the Keto diet accurately. There is a solution to this dilemma, but first you have to identify the problem(s). Now, if you were able to recognize where it is you're going wrong, then each of those common mistakes can be easily eliminated. By removing dieting blunders, significantly increases your chance of success; meaning you too get watch those unwanted pounds fall off. The math is a simple three step approach to success. When each mistake is identified and taken out of the...



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