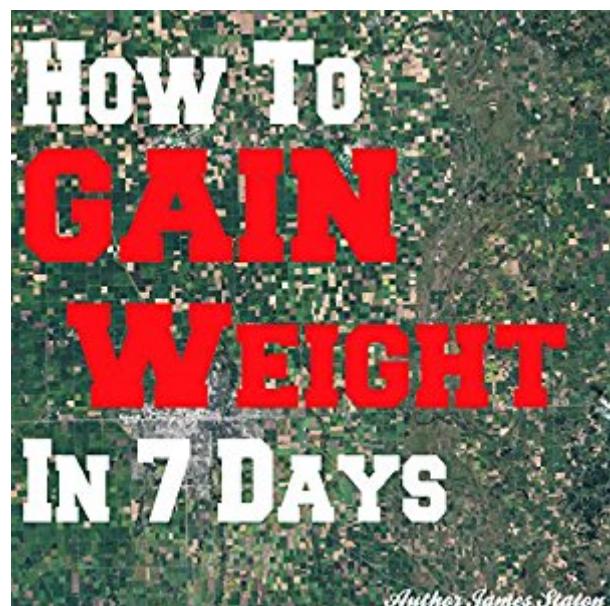


The book was found

How To Gain Weight In 7 Days



Synopsis

How to lose weight is a hot topic, but a lot of people are facing underweight problems. They are trying different methods with little or no success. Advice from friends and family members is not helpful. This audiobook is especially for them. An underweight person will not be attractive at all. You need a perfectly shaped body for daily activity. Who does not want to be noticed in the crowd with a stunning, fit body? For many underweight people, choosing the right method to gain a healthy weight is difficult. For a thin person, it is very easy to start eating food full of fat to gain weight quickly, but it's an unhealthy and dangerous way of gaining weight. The correct way to gain healthy weight is to have a balanced diet plan and follow it accordingly. A weight-gain meal plan will let you eat foods that you enjoy and provide your body with a balanced vitamins and nutrients. A complete weight gain meal plan should comprise whole multigrains, vegetables, fresh fruits, and protein and dairy products. For healthy weight gain, you should choose foods rich with fiber, protein, vitamins, and minerals along with high calories. I want you to gain weight as quickly as possible! You are strong enough to gain weight. I know that you can do it. I trust in you. With a few secrets mentioned in this book, you will be able to gain weight easily. Trust in yourself. I trust in you, because you are a good person, and I want to share my secrets with you.

Book Information

Audible Audio Edition

Listening Length: 1 hourÂ andÂ 5 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: James Staton

Audible.com Release Date: January 11, 2016

Language: English

ASIN: B01AC6W5YA

Best Sellers Rank: #467 inÂ Books > Audible Audiobooks > Nonfiction > Lifestyle & Home >

Cooking #1255 inÂ Books > Audible Audiobooks > Nonfiction > Sports & Recreation #1465

inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training

Customer Reviews

This 31 page pamphlet should never have been printed. The grammar is terrible. Even the title actually reads, "How to Get Weight in 7 Days." Nowhere in the pamphlet is there any identification of the author or the publisher, but I would guess that English is not the author's first language. Also,

the information given is often incomplete. For example, the reader is told to calculate his or her BMI, but not told how to do that. Finally, 19 pages are devoted to sample meal menus, some of them very odd indeed, and many very complex.. Example, for one lunch: "Tuna, turkey, chicken and bean mix salad."

there were pointers that I found useful for me to gain wt

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