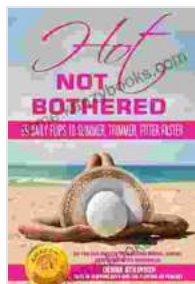


# 99 Daily Flips to Slimmer, Trimmer, Fitter, Faster: Master Your Metabolism



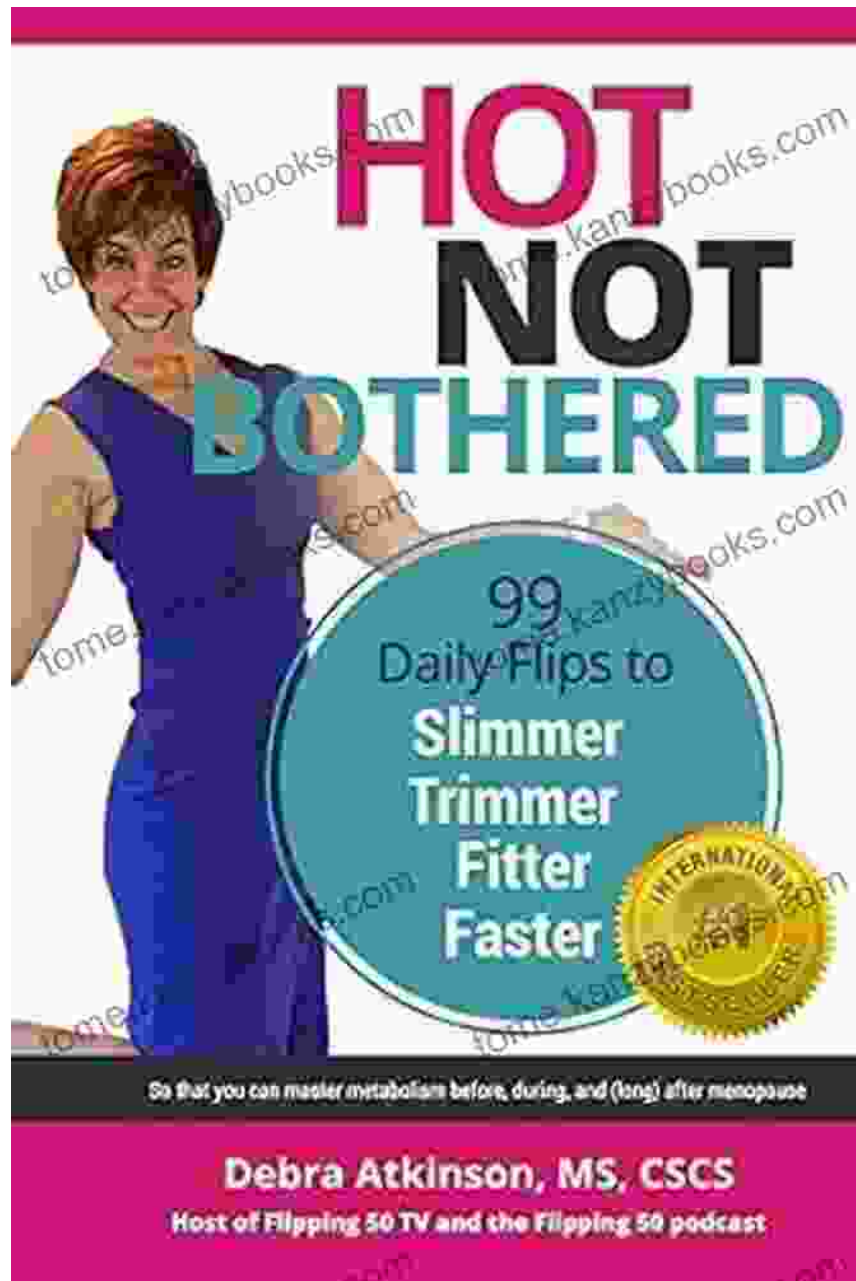
**Hot, Not Bothered: 99 Daily Flips to Slimmer, Trimmer, Fitter, Faster So You Can Master Metabolism Before, During, and (long) After Menopause** by Debra Atkinson

★★★★☆ 4.2 out of 5

Language : English  
File size : 343 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 230 pages



By [Author's Name]



Are you ready to make a change in your life? Are you tired of feeling tired, overweight, and out of shape? If so, then this book is for you.

99 Daily Flips to Slimmer, Trimmer, Fitter, Faster is the ultimate guide to losing weight, boosting your energy, and improving your overall health. This book is packed with 99 simple, daily habits that will help you make a lasting change in your life.

These habits are easy to follow and can be incorporated into your busy schedule. They will help you:

- Lose weight and keep it off
- Boost your energy levels
- Improve your mood
- Sleep better
- Reduce your risk of chronic diseases

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### **What People Are Saying**

"99 Daily Flips is a game-changer. I've lost 20 pounds and I feel better than ever." - [Customer Name]

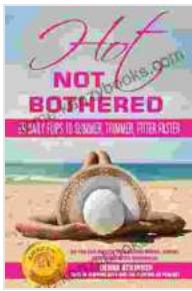
"This book is full of practical, easy-to-follow advice. I've already seen a big difference in my weight and energy levels." - [Customer Name]

"I highly recommend 99 Daily Flips to anyone who wants to lose weight and improve their health." - [Customer Name]

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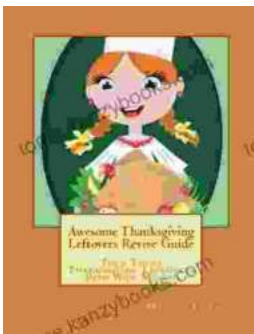
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