



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

By Mirsad Hasic

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...



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