

The Thigh Gap Hack: The Shortcut to Slimmer, Feminine Thighs Every Woman Secretly Desires

By Camille A Hugh

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AS SEEN ON THE DR. OZ SHOW 80% of women voted 'thighs' as their most disliked body part. Sad, but not surprising, since most women suffer from stubborn lower body fat in their hips/thighs/buttocks that results in undesirable body proportions and makes slimming down these areas miserably difficult. "The Thigh Gap Hack" is the first and only book that focuses specifically on all of the shortcuts (known as hacks) that makes eradicating stubborn lower body fat easier and foolproof. Broken down into diet hacks, exercise hacks, outside hacks and motivational hacks, this book consists of 260 pages of real, actionable advice that will introduce brand new techniques, as well as reveal top secrets, to targeting fat loss. Techniques include Hunger Training (TM), how to increase you're metabolism so you burn more calories/fat throughout the day, miracle foods that will fill you up but and keep you within your calorie goals, exercises to avoid that add bulk to your legs and those to perform that give the appearance of a lengthened limb, and much more! You will get results in just a matter of weeks and never have to fumble around in the dark or test out conflicting advice as to what works. This book is simple, straightforward and full of content (no fluff). And, anyone can make the techniques work, no special equipment, expensive foods or crazy supplements required. Even if you don't want to get a thigh gap, but still want to learn once and for all how to slim and trim down your lower body this book is for you!

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