



7 Day Bomb: Drop 7 Pounds in 7 Days

By Scott Simon Barlow

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 88 pages. Dimensions: 7.8in. x 4.8in. x 0.5in. This Time Next Week You Can Be 7 Pound Lighter DAMAGE CONTROL The 7 Day Bomb was created by husband and wife team Scott and Naomi Barlow, as a weight loss hack that they could do 7 days before a social event where they knew they were going to be naughty and gain a few pounds. Using the 7 Day Bomb they could lose 7 pounds before the event so they could limit the damage done. The 7 Day Bomb is perfect to do one week before: a wedding a holiday a date a party, or any event where you want to look sharp! or even a weigh-in at your current weight loss class if you've been heading in the wrong direction! 7 DAY BOMB DIET The 7 Day Bomb was designed purely to limit the damage to your weight one week ahead of the event, but it has been so successful that the creators have now added a diet plan in the book. SOME REASONS WHY THE 7 DAY BOMB ROCKS Its just 7 days! No confusing...



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