



# **1 Pound At A Time: The True Story of How I lost 80 lbs in 6 Months One Pound at a Time**

*Masie Conner*

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Do you feel like you've tried and failed every diet plan on the market?

I sure do. For me, traditional diet plans were simply too impractical, prescriptive and complicated for my busy lifestyle. It wasn't until I made up my mind to lose weight on my own terms - taking measurable, manageable and realistic baby steps - that I actually succeeded in blasting some serious fat.

I'm going to show you the philosophy and the mindset I developed that made losing 80 lbs in 6 months possible. I still can't believe it that I did this (even as I type this)!

Are you ready to change your life? Let's get started!

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