

The 10-Day Smoothie Challenge: Lose Weight, Feel Great, and Transform Your Life from the Inside Out

By Drew Canole

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The 10-Day Smoothie Challenge: Lose Weight, Feel Great, and Transform Your Life from the Inside Out By Drew Canole

Move Beyond the “Before” Picture

Have you ever had a stranger stop you on the street just to tell you how beautiful your skin looks? Has a fellow mom in your child’s class pulled you aside to ask you what your weight loss secret is? If you still feel like you’re living the “Before” side of your transformation story, take heart. There is a way to success that doesn’t involve counting calories, counting carbs, or grueling workouts. You can have clear skin, a flat belly, and more energy than you’ve had in decades! The secret is knowing where to start.

All You Need is 10 Days and a Blender

What if you could completely change your life in only 10 days? It turns out that you can! Author Drew Canole has helped thousands of people lose weight and achieve vibrant health, and now he wants to help you, too! *The 10-Day Smoothie Challenge* is a comprehensive program to help you kickstart your healthy new lifestyle in a fun and supportive atmosphere. You’ll be drinking smoothies that are satisfying and jam-packed with tasty and nutritious ingredients, so you won’t be hungry or bored.

Finally learn:

• How to overcome cravings

• How to program your mindset for success

• Which foods are actually healthy…and which aren’t

• How to get a good night’s sleep every night

• 50+ new recipes for healthy, delicious smoothies

You Don’t Have to Do It Alone

With the purchase of this book, you’ll be welcomed into an active support

community that will keep you accountable and even give you the chance to win great prizes like juicers and blenders. In addition, the author himself is with you every step of the way as he shares his own health transformation and personal success secrets.

Find your motivation, kick bad habits to the curb, and live the life you've only dreamed of. With the help of *The 10-Day Smoothie Challenge*, you can starting living your "After" story today!

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Editorial Review

About the Author

Drew Canole is a nutrition and transformation specialist, well known as a national spokesperson for the benefits of juicing and smoothies for health and vitality. He is the founder of Fitlife.tv where he shares “Educational, Inspirational, and Entertaining” videos and articles about health, fitness, healing, and longevity.

Drew Canole’s transformation clients include celebrities, entrepreneurs, CEO’s, authors, and personal development gurus.

The success of his first book, *Juicing Recipes*, vaulted him to national attention as a first-time author and has garnered media and television attention in the form of book deals, TV talk show hosting, and national endorsements from some of the leading national companies focused on health, wellness, and athletics.

Canole believes everyone has greatness inside them but they need the right fuel to bring it out.

Users Review

From reader reviews:

Annie Boyd:

Do you have favorite book? Should you have, what is your favorite's book? Publication is very important thing for us to be aware of everything in the world. Each book has different aim or even goal; it means that book has different type. Some people feel enjoy to spend their time to read a book. They are really reading whatever they acquire because their hobby is usually reading a book. Why not the person who don't like reading a book? Sometime, individual feel need book after they found difficult problem or maybe exercise. Well, probably you will need this The 10-Day Smoothie Challenge: Lose Weight, Feel Great, and Transform Your Life from the Inside Out.

Arthur Dickison:

The book The 10-Day Smoothie Challenge: Lose Weight, Feel Great, and Transform Your Life from the Inside Out give you a sense of feeling enjoy for your spare time. You can utilize to make your capable much more increase. Book can to become your best friend when you getting anxiety or having big problem along with your subject. If you can make studying a book The 10-Day Smoothie Challenge: Lose Weight, Feel Great, and Transform Your Life from the Inside Out to become your habit, you can get a lot more advantages, like add your capable, increase your knowledge about a number of or all subjects. You could know everything if you like open up and read a e-book The 10-Day Smoothie Challenge: Lose Weight, Feel Great, and Transform Your Life from the Inside Out. Kinds of book are several. It means that, science publication or encyclopedia or other individuals. So , how do you think about this e-book?

Colton Fierros:

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Jeffrey Channell:

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