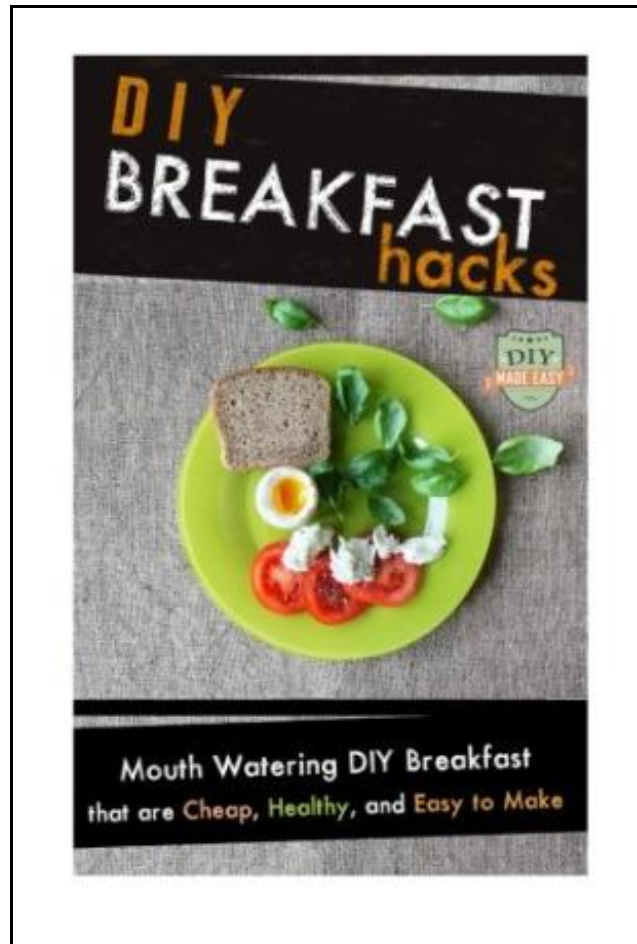


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Reviews

This book is fantastic. This is certainly for all those who statted there had not been a really worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Prof. Dale Fahey MD)




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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover All The Mouth Watering DIY Breakfast Foods That Are Cheap, Healthy, And Easy To Make **BONUS - Get Your Free 10,000 Word Report on the Top 12 Superfoods Learn All You Need To Know About The Meal That Keeps You Focused, Productive And Energized Here is a food for thought. Taking your breakfast daily is one of the best things you can do for yourself. When you are not a breakfast skipper, you ensure the following: A healthier physical body that has a strong immune system, making you less prone to sicknesses and diseases. A more ideal body weight as you expect to shed off pounds when you are a breakfast eater. An energetic body capable of accomplishing the tasks and responsibilities needed for the day. Lower risks for medical conditions such as Diabetes, hypertension and cardiovascular disorders, among other things. A more positive outlook in life and a greater ability to fight off stress. A happier status in life. Better memory and eye hand coordination. Improved social life. Plus, so much more! Champions eat breakfast and so should you! In this book, you will discover the importance of not missing breakfast. Plus you would learn the following things about breakfast. The 5W s and H of Breakfast What Breakfast Can Do For Your Life The Best Breakfast Foods Tips and Tricks For A Great Breakfast How To Have Better Lunches Breakfast And A Healthier You You may be missing out on life because you are missing your breakfast. Do not be mistaken. A day without breakfast is a big mistake. This could be the missing link to the wonderful life that you are longing and dreaming...**

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