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Posted on 28 September 2019 By Brooke Castillo

The Day JumpStart Is The Latest Product I Have Designed To Use With My Clients It Is Completely Different Than The If I M So Smart, Why Can T I Lose Weight Book And Workbook The Day Book Takes You Through The Very Structured Process Of Creating Awareness Of Your Own Overeating So You Can Lose Weight It Helps You To Discover, Day By Day, Why You Overeat And How To Start To Change Those Patterns It Includes A Daily Journal With Workbook And MP S Of Me Coaching Clients For Each Week To Keep You Motivated

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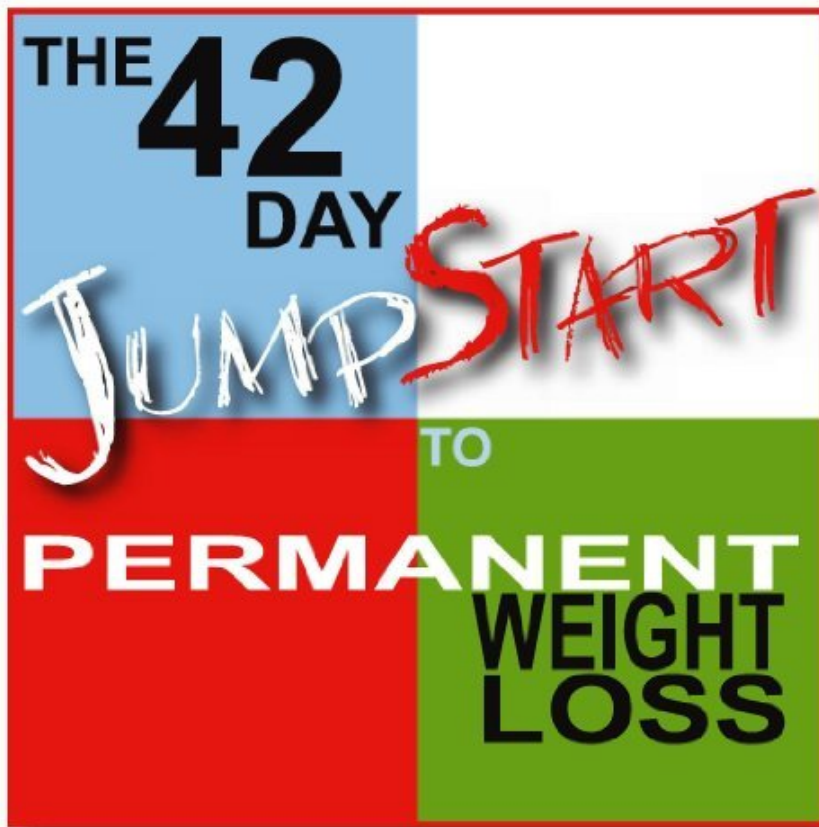
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