



# Derailing the Waist Train

*Keisha Harvey*

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## **Derailing the Waist Train** Keisha Harvey

The number one question I always get asked is, “What’s Your Secret?” ... There Are No Secrets My Friends. Just Facts! Disclosed in this eBook is how I’ve successfully transformed TWICE, after being pregnant with child. I’m so very confident with the enclosed tips to the point where I can become pregnant today, transforming again tomorrow. With consistent reference to this helpful information, I have truly mastered the art on how to properly fuel and transform MY mind, body and life with proper nutrition and fitness for a LIFETIME!

The book contains the fundamental information to begin living your healthy lifestyle, preparing you mentally and physically for the journey. And the most important thing is that it doesn't require a surgery, a pill, or waist trainer to achieve your desired goals.

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