

# 25 Of The Most Popular Self-Help / Self-Development Product Reviews

Before You dive into those 'product salesletters' you'll find on Google or the many Social Media Groups/forums that will be filled with NLP (Neuro-Linguistic-Programming) words and phrases designed to part you with your money faster than you can say "Jumping-Jack-Flash" why not check out these honest reviews of products that numerous surveys have shown 'most of us' are thinking about at any given time of day.

They're fairly short, but concise enough to give you the good and the bad about each of the 25 products.

Soooo ..... Why not quell your curiosity and continue reading this Free PDF report?

If nothing else, it's your gateway into a Labyrinth of other Totally Free Self-help/Self-Development Resources.  
(*See Bottom Of This PDF*)

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## 1 Hour Belly Blast Review ..... #1

### **Product Description:**

The belly is one of the toughest spots on the body to lose fat. The subcutaneous fat here is so stubborn that millions of people struggle with their diet and exercise for months before they see any results. Most them quit because they lose motivation.

The 1 Hour Belly Blast is a program that has become a runaway bestseller online. Created by Dan Long, it has overtaken many other weight loss guides that came long before it.

If used correctly, this program will help you to shed the excess pounds, stabilize your blood sugar levels and reduce your risk of getting many serious health issues which are linked to obesity.

What makes this program so unique is that it's very easy to follow. You're allowed to eat whatever you want for 3 days in a week. There's never been a weight loss program that allows this... and yet, gets you results.

You're also not required to spend hours exercising. There is some activity required, but it's really not that much at all. Instead of exercise, the program uses thermogenesis and other physiological processes to stimulate fat loss.

### **Let's look at this program in greater detail.**

#### ***The Good Points:***

1) One of the reasons this guide is so effective and has helped thousands of people is because the author, Dan Long, used to be overweight too. He is just like the average person. So, his tips and methods work very well for most people.

Most weight loss programs are created by fitness gurus who have been ripped and lean for most of their life. They just don't understand the challenges that normal people face... but Dan gets it. That's why his approach is perfect and works!

2) The program utilizes a process known as thermogenesis to speed up weight loss. By timing your meals, cycling your carbs, choosing the correct foods that have a high thermic effect, you'll accelerate your weight loss. This is a very powerful combination of methods.

3) The eating plan and program will restore leptin sensitivity, reduce inflammation and stabilize your blood sugar levels. Most people struggle with weight loss because the inflammation in their body is preventing them from losing weight. Insulin insensitivity is also holding them back.

***The 1 Hour Belly Blast*** protocol fixes all these underlying issues that most people are unaware of. Once these obstacles are cleared, fat loss becomes much easier.

4) One of the techniques used in the 1 Hour Belly Blast is known as ‘overfeeding’... and it’s similar to a cheat day, but with a twist. These are 3 cheat days. During these 3 days, your glycogen stores will be replenished, your metabolism gets a boost and you also get a break from the diet.

It’s an excellent way to keep people focused and motivated. Your effort over 4 days is rewarded with a 3-day break. Most people will love this program.

5) Everything you need to know to lose the belly fat is in this guide. You do not need supplements, a gym membership or bariatric surgery. This is a program that is based on science and human physiology. It works, if you work it. Period.

6) The main program includes 3 very useful and excellent bonuses:

- \* Eating Out - Restaurant Survival Guide
- \* 2-Minute Flab Targeting Solution
- \* 21 Powerful Foods That Shrink Belly Fat

***7) The product has a 60-Day money back guarantee.***

If despite your best efforts, ***1 Hour Belly Blast*** doesn’t yield results for you, you can always ask for a refund. This is a risk-free purchase.

### ***The Bad Points:***

1) Despite the name of the program, the hard truth is that you can’t ‘spot reduce’ fat. The title of this product is just clever marketing. While it is a very effective weight loss program, you will usually lose weight all over your body and as a result your belly will shrink too. You just need to stay on track.

2) Like any weight loss program, you need to be consistent to see results. While this program is easier than most, you still need to follow it to see success.

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- 3) You'll need a computer and an internet connection to access this product.  
It's only available online.

### ***Should You Get It?***

If you're looking for an effective weight loss program, the [1 Hour Belly Blast](#) will help you. It's based on solid science, it's an online bestseller and has been proven to work. All you need to do is follow the advice in the book.

The biggest advantage of this program is that it's not so severe that you'll struggle to keep up. You're allowed to eat whatever you want for 3 days of the week, and only need to stay focused and on track for 4 days.

This gives you the mental and emotional break that you need. Most fat loss programs focus heavily on one's diet and strenuous workouts daily. This can take a toll on most people and finally they give up because it's all so torturous and too much to bear.

[The 1 Hour Belly Blast program](#) is easy to follow, and you'll probably stick with it till you see the results. This is an excellent guide that will help you attain your weight loss goals.

**>>> Get "1 Hour Belly Blast" Now <<<**

## **2 Week Diet Review ..... #2**

### **Product Description:**

We live in a world of microwaves, wi-fi and instant text messaging. We want things fast and we want them now. Very often when people decide that they wish to lose weight, they want to see results in just a couple of weeks.

In most cases, they seldom see results because the body takes time to respond. Most weight loss guides state that it takes anywhere from 60 to 90 days to see results. This is too long for most people and they throw in the towel.

However, if you watched the reality show “Survivor”, you’d notice that the contestants lose amazing amounts of weight in a very short time. So, fast weight loss is indeed possible if you know what to do.

One of the top selling products on fast weight loss is Brian Flatt’s ‘[2 Week Diet](#)’, and it has sold thousands and thousands of copies with many positive reviews. Since he’s a fitness expert, Brian has come up with a system to give you the best results in the shortest possible time. It’s not an easy program, but it really works.

***Let’s weigh the pros and cons of this program.***

### **The Good Points:**

1) [Brian Flatt’s 2 Week Diet](#) is an online bestseller and you can find a lot of positive reviews from buyers who said it worked for them. It goes against conventional weight loss advice that recommends taking a slow and steady approach.

While the program says that you can lose 16 pounds in 2 weeks, *this is unrealistic and not recommended*. You’d do better by aiming for 8 to 10 pounds. There will be a visible difference in your body.

2) The information in the guide is accurate, and Brian is a credible fitness authority. There is no untested theory here, and you’ll not be asked to do enemas or other weird protocols to lose weight.

Your diet, will need to be VERY strict. It’s highly effective, but some people may struggle to make such massive changes to their diet overnight. One small consolation is that you only need to do it for 2 weeks and you’ll see results.

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3) [The 2 Week Diet](#) is laid out in a systematic manner to help you progress quickly.

There's a '*Launch Handbook*' that will explain why most people fail with their diets and weight loss goals. By knowing the pitfalls, you can avoid them.

You'll also get a '*Diet Handbook*' that will have all the information you need to tailor a diet that will accelerate your weight loss in 2 weeks. This is the most important component in this program. You MUST get your diet right to see the best results.

The third component is the '*Activity Handbook*', and here you'll learn what exercises you need to do in order to help shed the stubborn fat fast. The good news is that you really do not need to spend hours at the gym. The workouts are short and designed to raise your metabolism while the diet does the rest.

The last component is the '*Motivation Handbook*.' Even though this is a 2-week program, it is not an easy one because you're making big changes in a very short period. Many people will feel demotivated and want to quit. The motivation handbook will lift your spirits, give you focus and ensure that you keep going.

4) The biggest advantage of this program is that you'll see results fast. That itself will motivate you to keep going. Ideally, after the initial 2 weeks, you should slow down and aim for a more controlled and steady approach to weight loss. Your body needs time to adapt.

5) The program is written in a simple, straightforward and easy to follow style. Anybody can benefit from it if they'll adhere to the instructions.

6) What's interesting to note is that despite the claim that you can lose weight in 2 weeks, the program has a *60-day money back guarantee*.

So, you have 2 months to test it out and see if it gets you results. If you're not pleased with the results, you can always get a refund.

### **The Bad Points:**

1) Losing weight in 2 weeks is NOT easy.

This is NOT an easy program to follow.

It will give you results and you can lose weight, but it's going to be tough.

Your diet will really need to be on point and you can't afford to skip workouts.



Consistency and compliance is of paramount importance if you want this program to work for you.

2) This is a digital product. You'll need an internet connection to access it.

### ***Should You Get It?***

If you need to lose some weight fast for a wedding or a high school reunion, **[Brian's 2 Week Diet](#)** will really help you..... ***It is proven to work.***

While not a healthy approach to weight loss, sometimes you may be short on time. Or maybe you just have a couple of stubborn pounds that you need to shed to be 'beach body' ready.

At times like these, **[the 2 Week Diet](#)** is a godsend.

Do give it a try and you'll be amazed at how effective it is.

**[>>> Get "2 Week Diet" Now <<<](#)**

## **30 Minute Money Methods Review ..... #3**

### **Product Description:**

Every single day, thousands of people go on the internet and try their hand at making money online. The hard truth is that over 95% of them quit and never see a cent. In fact, many of them lose money in the process, buying programs and eBooks that are just untested theory and hype.

The key to succeeding online is to get a reputable program from someone who knows what they're doing. 30 Minute Money Methods, which was created by Shelly West, has become an online bestseller and has sold thousands of copies. There are positive reviews from people who have bought the product.

Despite the fact that the sales copy on the page is exaggerated and almost 'hypey', the methods in the guide are proven to work and people are actually making money with them.

*Will you make \$500 in 30 minutes like the sales copy claims? .... Probably not.*

To get to this stage will take time and effort. However, you will be able to make an extra \$500 to a couple of thousand a month.

Most people just want to supplement their income with a bit extra so that they have room in their finances to breathe a little. It'll be easier to pay the bills and splurge on little luxuries if you're making an extra 1k or 2k online.

**30 Minute Money Methods** will help you get there.

### **The Good Points:**

1) The training is comprehensive with over 30 videos to guide you.

There's also a support desk where you can ask questions and get help if you need it. All the methods are based online. You will not need to make cold calls, approach people, etc.

This is a very suitable course for beginners because it's all laid out step-by-step and easy to follow.

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2) ***Shelly's 30 Minute Money Methods*** is an online bestseller and has been around for quite a while. With thousands of customers, this is a reputable product that you can trust.

While the sales copy hypes things up by saying that Shelly makes \$35,000 the fact of the matter is that you 'can make money'... but it's not going to be this much. (*Not in the beginning anyway*). So, you should be aware of that.

3) The methods in this program are not complex and do not require specialized technical skills. You're providing services that people need. Without giving away too much information, the methods revolve around stock photography, voice-overs, freelancing and even making money by playing online games, to name just a few.

None of these methods are rocket science. Most people will be able to do them... and there are people out there making good money. So, this is not untested theory. The product will work if 'you' work 'it'.

4) You have 4 methods to choose from... and 2 extra bonus methods. There's something for everybody here.

5) ***You have 60 days to test this product out.***

If you can't make a cent by then (highly unlikely), can always ask for a refund.

### **The Bad Points:**

1) While the methods do work, there is a learning curve involved, and it's not as easy as they make it seem. It will take you time and effort to reach a stage where you make \$500 in 30 minutes – it's possible, but there is some work involved.

If you're expecting easy riches, this program is not it.

2) You will need a computer and an internet connection to use the methods in this program. These are NOT offline methods.

3) The sales page uses blind copy. You can't really tell what you're getting into or what the methods are about until you purchase them.

### **Should You Get It?**

If you wish to make money online, this program is as good as any to get you started. The methods are easy and while you're not going to be making thousands overnight, these are legitimate methods of making money online.

Providing voice-overs, stock photography, freelancing, etc. are all solid methods of earning a living online. They'll require you to develop some skills, but that can be achieved with a bit of practice. And MORE resources to help you can be found for free at the E-library listed in the 'Resources' at the bottom of this PDF.

If you tailor your expectations and follow the program, you'll be able to earn a few thousand a month. It will take you a while before you get to Shelly's level, but with consistency, you'll get there.

**>>> Get "30 Minute Money Methods" Now <<<**

## **Anti-Diet Solution Review ..... #4**

### **Product Description:**

[The Anti-Diet Solution](#) has a very interesting name.

Upon first glance, you'll probably think that this is a weight loss program where no diet is required..... Well, don't get too excited.

The name is a little misleading.

What it really means is that this guide is anti 'other diets' ... In other words, the Anti-Diet solution views itself as a diet like no other. This is clever marketing and aims to differentiate the product from all the others out there.

It seems to have worked because the [Anti-Diet Solution](#) has become an online bestseller with thousands of copies sold. The author, Anthony Alayon, did a fantastic job with this guide.

It's different from most run-of-the-mill weight loss guides that churn out the same old information on eating right and exercising like a hamster on a wheel. Anthony's approach is about using his diet, to diminish and prevent certain health issues that are preventing you from losing weight.

So, we decided to take a closer look at this product and see if it was worth your time. This is what we found out...

### **The Good Points:**

1) Despite the unique marketing angle that's slightly misleading, this guide has its heart in the right place. [The Anti-Diet Solution diet](#) addresses many factors that directly impact weight loss.

Metabolic syndrome, blood glucose levels, inflammation, stress and other factors can adversely affect your weight loss. Therefore, so many people struggle to lose weight despite exercising and dieting. Anthony's program fixes the underlying causes that impede your weight loss progress.

2) The topics covered in the Anti-Diet Solution are usually not mentioned in most other weight loss guides.

For example, Anthony mentions how exercise is not the most effective way to lose weight.

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This runs contrary to what so many weight loss programs ask you to do... and yet, he's right.

80 percent of your weight loss is determined by your diet.

He also mentions a probiotic diet. His goal is to cleanse you from the inside out. The truth of the matter is that very often our bodies have inflammation and lots of toxins that's preventing the body from losing weight. By reducing the inflammation and clearing the toxins, your fat will melt off much faster.

3) Anthony has impressive credentials. If you Googled his name, you'd see that he's active in the fitness industry and has a background in health and wellness. That's reassuring to know.

4) There are 5 bonuses that accompany this package and they're all useful. The list of bonuses is below.

\* 50 Natural Health Remedies

\* Anti-Diet Solution Enzyme

\* 7 Back Pain Cure

\* Arthritis Reversed

\* 28 Day Fast Start Diet

5) *There is a 60-day money back guarantee.*

If the Anti-Diet solution has no effect on your weight, you can get a refund. At least your money is safe... but you'll probably never need a refund because this program works.

### **The Bad Points:**

1) This is an online download. You'll need a computer to access it, but you can print it out for easy reference if you wish.

2) Let's be realistic here. [The Anti-Diet solution](#) will help you lose weight, if you follow it... BUT it's still a diet. A very effective one, but compliance is essential.

You must be consistent and follow the program. If you approach it in a half-hearted manner and cheat on it, you'll not see results. There is work, and sacrifice involved.

### **Should You Get It?**

As far as diet guides go, Anthony Alayon's one is as good as they come.

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The structure of the diet is sound, and the advice presented is on point.

*You will lose weight with this diet.*

It's neither stringent nor restrictive like conventional diets such as the paleo or Atkins diet. In a way, this really is an anti-diet guide... and people who have failed with other diets will probably see success with this one.

If you're tired of getting on and off diets and seeing no results, the Anti-Diet solution is your answer. Get started on it and in about 3 weeks, you'll be amazed at the results.

**>>> Get "Anti-Diet Solution" Now <<<**

## [App Coiner Review](#) ..... #5

### **Product Description:**

If you've been looking for a way to make some easy money online and you stumbled upon the sales page for [App Coiner](#), you may either be tempted to give it a go... or you could be cynical about the product.

*You'd be right in both cases.* The sales copy on the page is slightly misleading and makes earning money online seem fast and easy. This is not entirely true. But the method is legitimate and you can make money with it.

The App Coiner method is actually affiliate marketing made to look easy. Let's look at this program in greater detail.

### **The Good Points:**

1) For starters, this system is relatively easy to follow. Unlike e-commerce websites, product creation, paid advertising, etc. which are complex, the [App Coiner](#) method of making money is very straightforward. There are only 4 steps.

- \* Step 1 – You need to join Appcoiner
- \* Step 2 – You will choose apps to review
- \* Step 3 – Write reviews of these apps and post them on your site
- \* Step 4 – You get paid when someone purchases an app through your review

*You need to understand that you only get paid when someone purchases the app.*

*You do NOT get paid for writing the reviews.*

2) One good point about the [App Coiner membership](#) is that it's a one-time fee that's highly affordable. Even though the sales copy tries to exaggerate things, this business model does work because affiliate marketing is a decent way to generate income online.

3) This product is an online bestseller and has *social proof* that the method works. Thousands of people have bought and tried it.

4) There are many apps to choose in the [App Coiner](#) database. They've done most of the heavy lifting and all the relevant details are there for you to

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use. All you need to do is write reviews that pre-sell the apps and persuade readers to buy. It's pretty easy actually.

5) There is room to grow with this method. The more apps you review, the higher your chances of making sales and earning commissions. So, it all boils down to how much effort you're willing to put into it.

6) ***This is one of the easier ways to make money online.***

If you're new to online marketing, this would be a good way to get your feet wet. (It's Ideal for beginners).

7) There's a 60-day money back guarantee that makes this a risk-free purchase.

### **The Bad Points:**

1) ***You'll need a website to post your reviews.*** There's no mention of this on the App Coiner sales page. So, you'll need to learn the basics of setting up a website. It isn't difficult, but there 'is' a learning curve.

(Luckily we all have YouTube to help us out with this task, and for a [Free website](#) to get you going you should try [Webstarts](#) who also have a number of instructional video's to help even the most 'Techno-Phobic' user get up and going in 'no time' at all).

2) The sales copy is neither descriptive nor helpful. It keeps hyping up the method without revealing too much. The numbers are also inflated a little. Tailor your expectations and understand that while the [App Coiner](#) method will make you money, you're not going to become rich overnight.

### **Should You Get It?**

If you're looking to supplement your income, you could give [App Coiner](#) a try. The method is simple and with some work, you could make a couple of hundred plus a month with this.

The more reviews you write, or if you choose to outsource the writing and increase your output (via 'fiverr' or the better PLR product websites), you could make an income in the near future that will allow you to quit your day job.

Of course, that's at least 6 to 8 months in future... but it all starts now.

*Give App Coiner a try.* You're covered by the money-back guarantee. So, you really have nothing to lose and a good supplemental income to gain. Get started today.

>>> Get "App Coiner" Now <<<

## Easy Cellar Review .... #6

### **Product Description:**

Over the past few years, the topic of survival and being a prepper has seen a huge increase in popularity. This has spawned many survival guides and programs.

However, most are just untested theory... and some are down the 'fantasy' routes with tips on surviving a zombie attack, etc.

In reality, natural disasters, terrorist threats and food shortages are much more likely than a situation that resembles *The Walking Dead*.

*Easy Cellar* is one of the bestselling survival guides on the market right now. It has sold thousands of copies and has many positive reviews. Written by survival expert, Tom Griffith, this book is extensive and comprehensive.

It covers a wide range of very pertinent topics to ensure you have that edge to survive when things go sideways. The information is in-depth and varied enough to make this an excellent reference guide for any survival enthusiast regardless of experience. Let's examine this product in greater detail and see if it's right for you.

### **The Good Points:**

1) One of the biggest selling points of *Easy Cellar* is that it teaches you how to build a bunker. Most survival guides only mention stockpiling food and supplies in your own home. But, this guide takes it to the next level. You'll be better prepared by having a plan B, because putting all your eggs in one basket is never a good idea.

2) You are taught food preservation techniques such as preserving meat and more. In the event of an EMP (electromagnetic pulse) attack, all your electronic items will be rendered useless. Your refrigerator will be no better than a white elephant.

During times like these, what you learn in *Easy Cellar* will help you to make your food supplies last without a fridge.

3) The program also includes video instructions to better explain things. So, you have both the written word and visual explanations to guide you. *That's excellent.*

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4) *The importance of water can never be overestimated.*

Easy Cellar will show you how to store enough water so that your family and you will never run short during a crisis. *This information is priceless.*

5) Easy Cellar will help you stay safe from looters and intruders when law enforcement collapses during a crisis. If your house is unsafe during a hurricane, the bunker that [Easy Cellar](#) shows you how to build will keep you safe.

6) All the information in this book is simple and easy to follow. The conversational tone in the book keeps it interesting while being informative. It covers many different aspects of survival.

*There are tips here that will be of use to the most experienced preppers too.*

7) The product also has 2 free bonuses – ‘*56 Items to Stockpile in Your Easy Cellar*’ & ‘*America’s Natural Nuclear Bunkers: Find the Closest One to Your Home.*’

Both of these bonuses are 'excellent' and highly useful.

8) *The product has a 60-day money back guarantee.*

If you're not pleased with it, there is no risk. You can always ask for a refund.

### **The Bad Points:**

1) There is a lot of information to digest here, and it can be overwhelming. You'll need to read it slowly and take one step at a time. Do not toss it aside because there's too much to cover. Even reading 10 pages a day will help you complete it in no time at all.

2) *Knowledge alone will not suffice.* You need to follow the instructions and take action. The bunker will not build itself. You'll learn best with hands on experience. So, you need to do some work to be prepared.

3) You can only purchase [Easy Cellar](#) online. You'll need a computer and an internet connection.

### **Should You Get It?**

If you are a survivalist or prepper and you want to be ready for any crisis or catastrophe, you definitely should get [Easy Cellar](#). The information is extremely useful and reliable.

This is real-world information that works.

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*The best time to prepare is now.*

Getting it today will mean that you can start working on your bunker and other survival tasks to ensure that you're better prepared.

This book is one of the best investments you could ever make.

**>>> Get "Easy Cellar" Now <<<**

## High Blood Pressure Exercise Program Review ..... #7

### **Product Description:**

High blood pressure, also known as hypertension affects millions of people. It's a very common health problem that has severe implications if not kept in check. [Christian Goodman's blood pressure program](#) has become an online bestseller over the past couple of years because of how effective it is.

The approach he takes is unique and you'll need to watch the entire video on the official page to get all the details.

Christian runs the website, 'Blue Heron Health News' and is actively involved in the health and wellness industry.

Let's take a closer look as to why this blood pressure program is so effective and if it's right for you.

### **The Good Points:**

1) [Christian Goodman's program](#) approaches hypertension from a different angle. While most guides and doctors will tell you to reduce your salt intake and get more exercise, Christian sees high blood pressure as a symptom of chronic stress.

His program is designed to help you beat stress... and in doing so, you'll beat high blood pressure and be rid of it. This is a very effective approach because while cutting out sodium from your diet is effective and relatively easy to do... reducing stress and not getting worked up is immensely difficult.

So, [High Blood Pressure Exercise Program](#) will give you the tools you need to be an oasis of calm in a stressed-out world. It has helped thousands of people, and it will most probably help you too.

2) The High Blood Pressure Exercise Program also provides recipes to prepare healthy meals. This is excellent because your sodium intake has a direct impact on your blood pressure too. Fix your diet and that's half the battle won. So, the recipes in this guide will help to get you on track.

3) The core of this program comes down to 3 different types of exercises. Don't panic. It's not CrossFit or some other arduous program. These 3 exercises are easy to do and will not stress you out.

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***The first one is 'walking in rhythm' for about 10 minutes.***

You'll need to swing your arms in rhythm and walk. You could do this on a treadmill or outside. The goal here is not speed or to sweat. It's to walk with rhythm and the goal is relaxation and stress relief. You want to reduce the tension in hypertension.

***The second exercise is an emotional release exercise.***

Basically, this is a breathing pattern combined with meditation and a mindful release of the tension in you. The goal is to de-stress.

***The last exercise is a traditional exercise to relax your mind and body.***

As you can see, the focus of this entire program is on reducing the stress and tension within you. That's what makes Christian's approach so effective.

4) This is an online bestseller. To get to this level is NOT easy. Your product has to be good and it must work.

***Despite having a money-back guarantee, it has a very low refund rate.***

What we 'did find' were many positive reviews from satisfied customers.

That's reassuring because the product has excellent social proof.

5) The focus on reducing your stress is of paramount importance. We were glad to see Christian devote so much attention to stress. It is the silent killer of the 21st century and leads to all kinds of health problems. So, this program not only helps with your blood pressure, but also lowers your risk of many other diseases.

6) You have 60 days to test this product out and see if your blood pressure levels stabilize. If you're not satisfied, you can always ask for a refund.

### **The Bad Points:**

1) This is an online download. You'll need a computer to access it, but you can print it out for easy reference if you wish.

2) As dangerous as hypertension may be, some people are just complacent and can't get past their inertia to make positive changes in their life.

While [Christian's program](#) works wonders, you'll need to follow it consistently.

You can't just do it off and on and expect to see results. This is a holistic program and takes time to work. So, you must have patience too.

## Should You Get It?

Hypertension very often leads to heart disease.  
Your health and life are at stake here.  
You can't put a price on it.

Is Christian Goodman's [High Blood Pressure Exercise Program](#) going to help you?

*It most probably will.*

**You are covered by the 60-day refund policy so there is no risk here.**

However, if you do not get it, your risks of getting other diseases due to your blood pressure will rise. We're not trying to alarm you here, but this is reality.

**High blood pressure is a dangerous health issue.**

Get this product and get your blood pressure under control.

**This guide is a MUST HAVE.**

It's that important.

**>>> Get "High Blood Pressure Exercise Program" Now <<<**



## [Keto Resources Review .... #8](#)

### **Product Description:**

The ketogenic diet has taken the world by storm over the past few years. For decades, fatty foods have been getting a bad rep. However, people are starting to realize that eating fat and reducing your carbohydrates accelerates fat loss.

Imagine that! This is based on solid science. A ketogenic diet trains your body to burn fat stores for fuel instead of using carbohydrates and food. When the body relies on fat for energy, it will be less like to store unnecessary amounts of it.

Getting to this state of ketosis is easy... BUT only if you know how. Many beginners eat the wrong fats and do more damage than good. It's not entirely their fault because a lot of the keto info online is unreliable and dished out by clueless folks.

We found one keto product called '[Keto Resources](#)' and it's been an online bestseller for a while. In fact, it is still very popular. So, we decided to take a closer look to see what the fuss was all about. This is what we found out...

### **The Good Points:**

1) For the amount of information, you get here, the guide is very affordable. It's within the reach of most people.

2) The [Keto Resources](#) site is well-organized and gives you all the information that you could possibly need to make the diet work. The information is detailed, yet simple enough to follow along easily.

You even get a free '[Bacon and Butter Diet Cookbook](#)' with 148 ketogenic diet recipes. This book alone is more than what most other ketogenic programs will give you... and you don't need to pay a cent. They definitely over-delivered here.

3) The biggest obstacles that most beginners face when adopting the ketogenic diet is trying to figure out what foods to eat. Knowing which fats are beneficial and which should be avoided is crucial to making the diet work.

In [Keto Resources](#), you're given a long list of foods that you should eat. This takes guesswork out of the equation.

4) The goal of the ketogenic diet is to achieve a metabolic state known as ketosis. It is here that the magic happens. You'll lose your food cravings, see accelerated weight loss and an increase in energy. Getting to this stage requires some knowledge of how it all works.

Instead of going about it blindly, [\*\*\*Keto Resources\*\*\*](#) gives you a step-by-step plan that you can follow. You'll save time and effort by following a proven plan. That's one of the strongest selling points of this product. You absolutely know it's going to work.

5) [\*\*\*Keto Resources\*\*\*](#) is an online bestseller with thousands of satisfied customers. They've been around for a while now. So, this is a proven and established site that you can trust.

6) You have 60 days to join the program and see if it's suitable for you. If you're not satisfied, you're still covered by a money-back guarantee.

### **The Bad Points:**

1) This is an online program. You'll need a computer and an internet connection to access it. The good news is that you gain immediate access upon payment.

2) As with any new diet, there will be an initial period where the body is trying to adapt. This period can be difficult to some people.

While the [\*\*\*ketogenic diet\*\*\*](#) is laxer than the paleo or Atkins diet, the restriction on carbs may be difficult for some people.

So, there is some adjusting involved. You may need to be patient and persevere for the first 5 to 7 days till your body adapts to this diet.

## Should You Get It?

*Yes, yes... and yes again.*

Instead of buying several books or scouring tons of websites, it's much easier to get all your information from one reliable site... and when it comes to the ketogenic diet, then [Keto Resources](#) is that site.

This is a highly effective diet that thousands of people have used and benefitted from. If you want to successfully adopt it, you need this program.

Get it today and use the keto diet to melt your stubborn fat away.

**>>> Get "Keto Resources" Now <<<**

## Language of Desire Review ..... #9

### **Product Description:**

Infidelity is a huge problem. Statistics show that at least 60 percent of partners cheat on their spouse. Of course, men are 'perceived' to be more prone to cheating than women (*But not Proven of course*). The impact of this can be devastating.

Ruined marriages, unhappy children, nasty divorce proceedings, etc. are all common consequences of infidelity. How do you avoid all of these?

The truth of the matter is that men stray from their marriage when they feel unappreciated at home. It's not a lack of love, but a lack of admiration that's the root of many of the problems.

When another woman shows a man more admiration than he gets from his wife, he is lured and tempted to cheat, (*and visa-versa*). Then it becomes about sex and all the other things that go with it. Cheating is just a symptom of a lack of admiration.

Felicity Keith, the author of bestselling guide, '[Language of Desire](#)' was devastated when she stumbled across her husband watching porn. All along she thought he was satisfied in the marriage, and this was an unexpected blow.

Since she wanted to save her marriage and fix the problem, she tested out several different methods and techniques to see what would make her husband desire her again. What was the porn giving him that she wasn't?

She finally realized what men want from women... and why men cheat on their wives. She then wrote this book and the advice truly works because it's based on real-world information.

This is NOT untested theory written by someone with a psychology degree who is trying to be politically correct.

[Language of Desire \(LOD\)](#) is a hard-hitting, extremely truthful guide that will save your marriage if you use it right.

## Let's take a closer look at it...

### The Good Points:

1) [Language of Desire](#) has been an online bestseller for a couple of years now with thousands of copies sold. It's still just as popular and many satisfied customers have left positive reviews. So, this product is proven to work. If you want to seduce your husband, this book works great.

2) Most sex takes place in the mind. While the activity is a physical one, it's the mind that processes the act. The Erotic Telepath technique that's revealed in this product will show you how to understand your husband's fantasies and satisfy them so that he doesn't turn to another woman to get what he needs.

3) It's an unfortunate fact, but many men are addicted to pornography and it's more common than most women realize. This is a huge problem because it sets up expectations in the man that their wife can never live up to because porn is NOT real.

The illusion of porn will make his real sex life seem dull and unimpressive. [Language of Desire](#) has a technique known as 'The Porn Destroyer' method. With it, you can break your husband's addiction to porn and he'll realize that his sex life is actually pretty good.

4) Everything you need to know about adding passion, sex and excitement into a stale sex life is in here. The product comes with 10 modules. You can either read it or listen to it (audio mp3s provided) Very easy to follow and understand.

5) Talking dirty is NOT many women's idea of fun. In fact, it can even seem unnatural and weird. [Language of Desire](#) will show you how to do it in a tasteful way. Talking in a way that's sexy is NOT what you see in the porn movies.

It's much subtler. In LOD, you'll learn what to say and how to say it to excite your man. When done right, it's not as crude as you may be led to think. You just need to know how to go about it

6) Besides the main product, there are several interesting bonuses such as a list of naughty texts that you can just copy and send to your husband. You don't even need to get creative. The texts have been proven to work. Just use them!

7) Developing a personality that is classy, sexual and magnetic is an art. If you do it right, your husband will eat out of your hand. If you do it wrong, you'll appear desperate, needy and be a turn off. There's a fine line here... and [Language of Desire](#) will show you how to toe that line and be irresistible.

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8) ***The Language of Desire*** is covered by a refund policy. If despite your best efforts, the product doesn't help you in your marriage, at the very least you can get your money back.

### **The Bad Points:**

1) Initially, it may not be easy. Some women may find that applying some of the techniques means stepping out of their comfort zone. They may feel intimidated or shy. Very often, it was these attitudes that caused the marriage to go south in the first place.

So, you'll need to have confidence in yourself and comply with the instructions in the guide. That's the only way you'll see success.

2) You need an internet connection and a computer to purchase and access this product.

### **Should You Get It?**

Trying to save a marriage on your own can seem like a formidable task, and it is. Where do you even start? How do you inject the long-lost passion into your crumbling marriage?

You know you can't bury your head in the sand and expect things to get better. It just doesn't work that way.

What you need is a plan... you need the **Language of Desire**. You really do. While the sales page is a little hyped up, they're right about one thing – men start to stray once their sex lives are dull. If your husband only desires you, he'll never look elsewhere.

**Language of Desire** gives you all the tools and strategies to keep him hooked on you. All you need to do is use them and the flames in your relationship will be so strong and bright that he'll only have eyes for you.

This product has helped women all over the world and it will help you. Get it, apply it and rekindle the passion in your marriage.

**>>> Get "Language of Desire" Now <<<**

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## **Make Him Desire You Review .... #10**

### **Product Description:**

[Make Him Desire You](#) has taken the online world by storm ever since it was released a few years ago. One would think that with all the protests and drama created by raging feminists, a guide like this would never sell.

And yet it has sold thousands and thousands of copies and is an online bestseller. It's still just as popular now.

There's a reason for this. Millions of ladies around the world are lonely. They want a decent partner to love and cherish... but they have no idea how to do it.

On the one hand they do not want to seem desperate, but on the other, if they do nothing, they'll get nothing.

Alex Carter's book '[Make Him Desire You](#)' addresses a very real need.

Being a pickup artist himself, Alex's insights into relationships and what men want is right on the mark. That's why this book is so effective. It just works.

Let's look at it in greater detail.

### **The Good Points:**

1) One of the biggest selling points of this product is that it was written by a man who is a pickup artist. Alex Carter has been to 'war'... He dates women and has a lot of experience on the 'dating battlefield'.

Most relationship guides are written by psychologists or people with fancy degrees who know a lot about theory but have minimal real-world experience.

Over and above that, you're getting first-hand information from a man, about how to attract other men. This is exactly what you need, instead of the advice that's dished out in women's magazines that never seem to work.

2) [Make Him Desire You](#) is extremely detailed and covers many important topics such as how to get a man to value and respect you, the importance of psychological investment, emotional attraction and so much more.

These are the topics that most other programs never touch on.

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So, women are clueless about what to do. Thankfully, this product addresses these crucial topics that make or break a relationship.

3) The product is very affordable and within the reach of most women.

4) There are many different techniques provided that can be used for a variety of different situations ranging from lowering a man's resistance to getting them to open up and even how to get a man back, if he breaks up with you.

**These are some of the techniques at a glance:**

- \* 3T formula or the hypnotizing method
- \* Anchor Technique
- \* Bubble of Safety Concept
- \* Emotional Attraction Scale
- \* Emotional Intensifier Technique
- \* Furious Magnet Technique
- \* Indirect – Direct Technique
- \* Intrigue arousal Method
- \* Mouse and Cheese Method
- \* Positioning technique
- \* Reverse Action Test
- \* Secret of Unconscious Bonding
- \* Vacuum technique

5) Even though this is a solid and comprehensive product with a ton of useful information, the guide is easy to read and understand. There's no 'Men are from Mars, women are from some other planet' advice here. What you're given are useful tips and actionable pointers to follow.

'Do this, say that' type of advice. That's what makes this guide so effective. It's like a battleplan that has been proven to work over and over. Zero untested theory here.

6) ***There's a 60-day money back guarantee that makes this a risk-free purchase.***

**The Bad Points:**

1) Nothing is perfect for everybody. While this book has helped thousands of women with their love life, the methods can seem a little manipulative. It all depends on what the woman feels comfortable with.



Some women may not be able to follow through with some of Alex's techniques because they're shy... or they just don't feel like it. So, this guide is not for everyone. However, the tips work... and once you try one or two of them and see how effective they are, you'll probably be more eager to test the rest out.

2) [This is a comprehensive guide](#)... but it's a written one. You'll need to read it. There are no accompanying videos or audio mp3s to make things easy. Women who dislike reading will not be too pleased.

3) This guide is only available online. So, you'll need to download and print it out if you want a physical copy for easy reference.

### **Should You Get It?**

If you've been struggling to find a male partner, this guide is EXACTLY what you need. It's written by a real pro who understands what men are looking for and what a woman needs to do to get their attention.

The book is tastefully written, and the techniques play on human nature and the male psyche. Men love the chase and Anthony, shows women how to make men chase them. Most women these days feel empowered and often want to make the first move. It's a sign of gender equality and all.

Yet, they fail to realize that centuries of evolution are working against them when they do this. It's no wonder so many women are single and can't seem to find a partner no matter what they do.

Anthony's guide will show you how to make a man want you.  
That's it in a nutshell.  
This product delivers what it says.  
Do get it and be amazed.

**>>> Get "Make Him Desire You" Now <<<**

## [Manifestation Miracle Review ... #11](#)

### **Product Description:**

The very title '[Manifestation Miracle](#)' should give you a good idea about what this book is all about. If you said the 'law of attraction', you'd be absolutely right... but this book is about way more than that.

Written by Heather Matthews, this guide is about changing your life totally. Most law of attraction books are written in a way to make you think that it's a shortcut. They want you to believe that you can get anything you want just by sitting on a couch and picturing your desires in your head.

This is where most people go wrong and never see their desires manifest into reality.

[Manifestation Miracle](#) puts the action into the law of attraction and shows you what you need to do. Visualization is only half the equation.

This book is an online bestseller with thousands of copies sold and a long list of very happy customers. Let's take a closer look and see if it's right for you.

### **The Good Points:**

1) Weighting in at 159 pages, this is a detailed book that's comprehensive and yet, easy to read and understand. The book itself has a positive and uplifting tone that makes you believe that miracles are well-within your reach... and they are.

There's no fluff in this guide. It's straight to the point and gives you all the tools and tips you need.

2) *Hate reading? No problem. You're provided with an audio recording of the guide.*

You can listen to it while on the go, and still reap the rewards.

3) The honesty in this guide is unparalleled. While most books in this niche promise you wealth and riches beyond your wildest dreams with zero effort, Heather was truthful and avoided such hype.

She even mentioned that there 'is' work involved.

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You'll need to follow the exercises in the [Manifestation Miracle](#), and you'll also need to put in the effort where required. The law of attraction will NOT work for lazy people.

4) If you have questions, you can always email their support. Unlike most law of attraction books that you buy off the shelf and you're left to fend on your own, you can get after-purchase guidance and help here. Fantastic.

5) [The Manifestation Miracle](#) will work for anyone. Your age, race, gender, etc. do not matter. The law of attraction is a universal law, and the methods in this guide will help anyone who uses them wisely.

6) This program is broken down into 5 parts, each of which deals with a specific component that must be done right to see results. That makes for much easier learning, and you'll be much more likely to see results.

In the first part of [Manifestation Miracle](#) you'll discover how the law of attraction works. In the second part, you'll need to ask yourself what you really want. Being focused and knowing what you want is crucial. If you don't know where you're going, you're not going to get there.

The third part will show you how to inject emotion and desire when visualizing. It all boils down to how you feel. The law of attraction works only when your heart is in it.

In part 4, you'll learn how to expect the miracles to show up 'anytime now' ... it's about walking in faith. If you believe it, you'll see it.

In the last part, you'll learn how to make the law of attraction a habit. This will ensure that you live the life of your dreams... and get most of what you ask for.

### **The Bad Points:**

1) Faith requires practice. We live in a cynical and skeptical world. We want instant results, but the law of attraction works on its own time. So, you'll need patience and persistence to manifest your desires.

2) Visualizing alone is not enough. You'll need to act as and when you get hunches. Fortune favours the bold and even the word 'attraction' has the word action in it.

**You MUST take the required actions.**

3) You can only get this product online. Once you download it, you can print it out for easy reference..... A slight hassle... but not a deal breaker.

### **Should You Get It?**

If you wish to see miracles in your life, this book can help you manifest them.

It doesn't matter if you want better health, more wealth, or a happy relationship. The principles in this guide will help you to bring your desires to reality.

What's important is that you combine the correct techniques with a positive attitude and a mindset where you believe it before you see it. Once you master the methods taught in *Manifestation Miracle*, your life will change right before your eyes.

It's affordable, has tons of positive reviews and is even covered by a money-back guarantee. So, you really do not have anything to lose – but you do have a lot to gain.

***Give Manifestation Miracle a try.***

It has been proven to deliver results.  
You'll thank yourself in future for taking this step.  
The life you want is within your reach.

**>>> Get the “Manifestation Miracle” Now <<<**

## **Meet Your Sweet Review ..... #12**

### **Product Description:**

Current statistics show that over 40% of marriages end in divorce. That's almost 1 out of every 2 marriages. The truth of the matter is that getting married is easy... but making a marriage work is difficult.

As with anything in life worth having, it'll take sacrifice, effort, persistence and patience to have a loving and long-lasting marriage. Now more than ever before, people are less patient and tolerant of each other.

Text messaging has replaced actual conversations. Social media sharing has replaced actual sharing of feelings and emotions. It's inevitable for relationships and marriages to suffer when the focus is more on technology rather than people.

**Meet Your Sweet** is a guide that has helped many people to put the spark back in their relationship. It was put together by several relationship experts and dating coaches. The program has eBooks, audio podcasts, videos and a variety of learning material to help you understand the dynamics of a relationship and how to improve your marriage.

It doesn't matter if you feel like all hope is lost and your partner is acting like a zombie towards you. By all appearances, the sparks may have died out. However, the tips and strategies in this program will slowly rekindle the dead embers, make them glow and finally, burst into flames where your relationship is as hot and passionate and when you two first got together.

Let's take a closer look and see how **Meet Your Sweet** can help you save your relationship or marriage.

### **The Good Points:**

1) You can access a free guide that gives you an introduction of what you'll learn in **Meet Your Sweet**.

This is excellent because you have an idea of what you're getting.

This product has been an online bestseller for a couple of years now. It has sold many copies and is still as popular.

That's very reassuring to know. Too many relationship guides contain theory that's nice to read but rarely works.

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[Meet Your Sweet](#) contains effective real-world tips and relationship guidance that truly works!

2) The advice in this guide is suitable for either gender. Most conflicts in a relationship can be avoided with compromise and consensus if people had the relationship skills to discuss issues without losing their head.

This guide will show you how to avoid the consistent bickering that so many couples go through when they sweat the small stuff. The fewer fights in a relationship, the happier and more stable it is.

3) [Meet Your Sweet](#) will give you confidence. You'll learn why it's of paramount importance to love yourself first. So many people have low self-esteem and can't get over their personal issues. This adversely affects their marriage or relationship. This program will help you fix whatever is broken in you.

4) You're getting videos, books, detailed instructions and much more. You're provided with everything you need and it's all easily understandable and laid out in a systematic manner.

5) Words have immense power. They can lift someone up... or bring someone down. Most people do not pay enough attention to the words they use.

[Meet Your Sweet](#) will guide you on using the right words to improve your relationship.

You'll discover how the wrong words can turn off your partner... and how using the right words can save your relationship and make it better than you ever dreamed possible.

6) [Meet Your Sweet](#) has a 60-day refund policy. If the methods in this guide do nothing for your marriage (highly unlikely), you can always get your money back.

### **The Bad Points:**

1) This product is an online download. You'll need a computer and an internet connection to access it.

2) For the product to work, you'll need to work it. Connecting with someone on an emotional level will require you to put yourself out there. Having feelings of anger or other negative emotions will only impede your progress.

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Have patience and leave your ego at the door. Make a genuine attempt to reconnect with your partner using the techniques in [Meet Your Sweet](#). This will require effort and is not entirely easy... but you'll need to do it if you want things to work out.

### **Should You Get It?**

This book could save your marriage or relationship.

You can't put a price on affairs of the heart. [Meet Your Sweet](#) is without a doubt one of the best relationship guides on the market.

It's affordable, comes with a refund policy, is an online bestseller with many positive reviews and has been proven to work. You can't go wrong with it. If you spent time reading it and carefully apply what you learn within, you'll take your relationship to the next level.

*You'll rekindle the lost passion and renew your love.*

This guide 'could' be a cornerstone of your marriage 'if' you use it.

**Give it a try.**

You have everything to gain and nothing to lose.

**>>> Get "Meet Your Sweet" Now <<<**

## Old School New Body Review; For The 'Older' Person .... #13

### **Product Description:**

We live in a world where obesity has become an epidemic. Despite all the technology we have, our lives have become more hectic. People struggle to make time for anything, much less exercise.

We lead highly sedentary lifestyles accompanied by poor diet choices. As we age, our body starts showing the effects. Hypertension, diabetes, heart disease, etc. start to rear their ugly heads. Everyone knows the risks. So, what do you do?

You make a change. That's what... and yet, this is more easily said than done.

Anyone above the age of 35 will be able to testify that their stamina is not what it used to be. Joints may start to hurt. Their muscles may be weaker, etc.

Starting on a new fitness program can be very challenging because of the immense demands on your body. Most classes at the gym are designed for younger people. Just one session is enough to scare you off working out for the next 3 years.

The best way to fix this problem is to follow a training program that's designed for people who are middle-aged or older.

There's a program called '[\*\*\*Old School New Body\*\*\*](#)' that has been extremely popular over the past several years.

Created by husband and wife team, Steve and Becky Holman, the program is fantastic. Just by looking at the photos of both of them is enough to give you confidence in the program. They're a picture of health and look fitter than most people half their age.

[\*\*\*This program\*\*\*](#) understands the limitations that people face as the age. It addresses these concerns and focuses on getting you healthy both inside and outside.

Let's take a closer look at why this program has worked for thousands.



## **The Good Points:**

1) Steve Holman is a fitness expert. The man was the editor for the highly reputable Iron Man magazine. He walks the talk and his information just works. Plain and simple.

That's probably the reason why this book has been an online bestseller for years and shows no signs of waning in popularity. It has a long list of positive testimonials from satisfied customer. Excellent social proof here.

2) If you're above the age of 35 and you've let yourself go for a while, it can be intimidating to start off with difficult workout sessions at the gym. Very few fitness classes or programs cater to older people. Fortunately, [Old School New Body](#) was created with older people in mind.

Because of that, it'll suit you better and slowly ease you into a more active and healthy lifestyle. You can't make changes overnight. Age slows us all down... but you can still take your life back and get fit and healthy.

[This program will show you how.](#)

3) There is no fluff in this program. You're told what to do in a straightforward way that's simple to understand. The workout sessions only come out to about 90 minutes a week. That's amazing... and you'll still see results because of the efficacy of the training methods and exercises.

4) The program is structured into 3 phases where you'll discover how to clean up your diet. You'll then learn how to prevent muscle atrophy and preserve the lean muscle that you have.

***Finally, you'll learn how to add more muscle to your body.***

You'll boost your metabolism, get stronger and slow down the ageing process. This methodical approach makes it a very effective program.

5) It goes without saying that your diet will determine how successful you are in losing weight and getting healthy.

The diet provided with [this program](#) is not restrictive and you'll not be deprived of food. It's flexible and focused on eating right instead of eating less.

This is the perfect approach.

6) The product really over-delivers and there are many useful bonuses that accompany the main guide.

7) It has a 100 percent money-back guarantee.  
If you do not see results within 60 days, you can always get a refund.  
There's zero risk here.

### **The Bad Points:**

1) 90 minutes a week is not a lot... but it's still 90 minutes that you need to complete. You must be compliant and follow the tips in the book. Results only come from consistency. So, you need to stick with the program for it to work.

2) As with all digital downloads, you can only purchase and access it online.

### **Should You Get It?**

Finding a good health and fitness program for older people is difficult.  
Very few fitness guides cater to this crowd.

[Old School New Body](#) is one of the best guides on the planet when it comes to this topic.

Despite the wealth of information and value it provides, it's very affordable and a one-time investment that you will use over and over for years to come.

It's also ideal for people who are busy and have more commitments. The workouts add up to only about 90 minutes in a week. Yet, they're so effective that you still see results.

You do not need to be a gym rat to shed the excess fat, build lean muscle and increase your energy. You can do it all in record time with the techniques that are exposed in [Old School New Body](#).

***This book will make you fit, healthy, energetic  
and even slow down the ageing process.***

**It's worth every cent and more.**

***It gets our highest recommendation.***

**>>> Get "Old School New Body" Now <<<**

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## **Salehoo Wholesale & Dropship Directory Review ..... #14**

### **Product Description:**

Drop-shipping is one of the most popular and profitable ways of generating an income online. Since Facebook ads became popular, many marketers are making 10k and up a month just from drop-shipping.

However, to become a successful marketer in this niche, you need to cross a HUGE hurdle – finding a trustworthy and reliable group of drop-shippers to handle your orders. You'd be shocked to know how many scammers and fly-by-night companies are out there.

Many marketers lose quite a lot of money picking the wrong drop-shippers. Either orders go missing, products are not delivered or the drop-shipper just vanishes and never to be seen again, just like the money you sent them.

**The Salehoo Wholesale and Drop-ship Directory** is one of the bestselling memberships that has been popular for years. It is a platform which serves as a middleman.

Salehoo evaluates the tons of drop-shippers out there and lists the most reliable ones in its directory.

There is a wide selection of drop-shippers from many different countries here. You are spoiled for choice... but you can also rest assured that the drop-shippers in the **Salehoo directory** are reliable.

Let's weigh the pros and cons of this bestselling drop-shipper membership that has thousands of happy members.

### **The Good Points:**

1) For starters, the selection is huge. You'll have no shortage of drop-shippers to choose from. You'll be able to sell on several different platforms such as Etsy, Amazon, eBay and many more.

2) They have a support desk that you can contact if you have any questions or you require assistance.

3) You can test out the directory for 60 days. If you're not satisfied with the drop-shippers that are listed there, you can ask for a refund.

***This membership comes with a 100% money-back guarantee. Zero risk here.***

4) Besides just listing drop-shippers, there's also a lot of learning material here to help beginners. You'll find it all in the members' area.

5) This is a yearly membership that you'll have to renew. That means the membership is updated regularly and maintained. This is not one of those directories that are neglected after a while.

6) There is a lot of flexibility here. You can use the major marketplaces to list your stuff or you can set up a store on your own... or even both.

7) [Salehoo](#) has been around for a long time and is extremely popular. This itself is proof that the directory is good. If it was bad, they'd have gone out of business a long time ago.

### **The Bad Points:**

1) Just like any digital download, you'll need an internet connection and a computer to purchase and access this product.

2) [This is a very comprehensive product](#) with a lot of information. It can be intimidating and overwhelming to beginners. However, if you take things slowly and go through the material in a systematic way, you'll start to appreciate just how useful the Salehoo Wholesale & Drop-ship Directory is.

### **Should You Get It?**

Marketers are literally making thousands of dollars a day online using drop-shipping. They do not lift a finger to do any manual labour. By leveraging popular marketplaces like eBay, Amazon or even just using Shopify stores, they're able to generate tons of sales and make huge profits.

[The Salehoo Wholesale & Dropship Directory](#) will reduce your learning curve and save your energy and time. You will not have to deal with unreliable suppliers and you'll not need to waste time searching and emailing different vendors just to ascertain if they are on the up and up.

*The Salehoo directory is updated regularly  
and has all the suppliers that you could possibly need.*

**Money loves speed... and this membership will give you that speed.**

You'll not lose money on bad deals or make mistakes dealing with the wrong people.

If you're getting into drop-shipping  
the Salehoo Directory has your name written all over it.

*You'll achieve success much sooner.*

*Join it and hit the ground running.*

**>>> Get "Salehoo Wholesale & Dropship Directory" Now <<<**

## Secret Survey Review ..... #15

### **Product Description:**

This product has a very interesting name – “[Secret Survey](#)” ... it almost makes you think of completing surveys online for cash or some other scam.

Yet, that is **NOT** what this product is about.

This is a survey that was conducted on thousands of men to expose their secret thoughts, desires, fantasies, etc. The goal was to understand how and why they act the way they do. Relationship expert, Michael Fiore, compiled all the data and created a guide that exposes the way men think and act when they're in a relationship.

Women who constantly struggle to understand their husband or partner will benefit from this guide. It's truly eye-opening and one of the best relationship guides we've read in a long time.

Quite frankly, we devour anything that Michael releases because he's really good at what he does. So, when his latest book [Secret Survey](#) came out, we took a close look at it and this is what we discovered...

### **The Good Points:**

1) [The Secret Survey](#) is an online bestseller that has sold thousands of copies. It's been popular for a couple of years now. This is strong social proof. The product must be genuine and of high-quality to stay so popular for this long a period.

2) There are many pertinent topics that are covered in this guide that's rarely touched upon in any other relationship guide. Here are some of the interesting topics that are so crucial to making a relationship work:

\* Facts on Insecurity – Discover why men feel insecure

\* The Dog and Bad Owner Syndrome – How to work with a man's personality instead of against it

\* The Glory Reflection – Delves into the man's psyche and what he thinks when he looks at a woman.

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- \* The Men and Their Lies – Uncover the reasons why men lie.
  - \* The Bed Secrets Men Hide – Exposes the hidden sexual desire that men hide from their partners.
  - \* The Emotional Truth – Understand what your man really thinks about you when you're not around.
  - \* No More Fighting – Techniques to stop conflicts in your relationship and how to increase his respect for you.
  - \* Facts on Cheating – Truly understand the reason men cheat on their partners and how to prevent it.
  - \* The Emotional Volcano – The reason men keep their feelings to themselves rather than endure an outburst from a woman.
- 3) The product is very affordable, and it'll be cheaper than any consultation with a shrink or some other 'professional' ... and this guide will probably be more helpful.
- 4) Michael Fiore is an authority in the relationships and dating niche. He has appeared on talk shows, has several online bestsellers and his books have been read by thousands of people.

The man knows what he's talking about and his advice is accurate and on point. What separates the [\*Secret Survey\*](#) from so many other relationship guides is that it tells the unadulterated truth. There is no attempt to be politically correct here.

While some people may argue that there are many generalizations, the efficacy of this program cannot be denied. Men lie for many reasons... and the Secret Survey will expose the reasons. They may not be pretty, but once you know the truth, you can prevent your partner from lying to you.

5) [There are 3 extra bonuses that come with this guide.](#)

These are very useful and overall, this product over-delivers and is value for money.

These are the bonuses:

- \* Unstoppable Confidence with Michael Griswold
- \* The Insecurity Cure with Eric Candall
- \* Sex Lies Exposed with Devian Day

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The bonuses will help you to work on your confidence, reduce anxiety and fear... and dispel the common lies about sex we often tell ourselves.

6) [The Secret Survey](#) comes with a refund policy. You can test it out for 60 days and if it doesn't work for you, you can always get your money back.

### **The Bad Points:**

1) While this program will work for most relationships, the sad truth is that some people are just not meant for each other. Even if you learn to understand your man and try to fix things, your personalities and priorities in life may clash. So, the [Secret Survey](#) may not help all women.

2) This program takes time to work. Fixing a relationship is not an overnight thing. You'll need to apply the techniques consistently for a couple of weeks to see results. So, you'll need faith and patience here... and consistency too.

3) This program is only available online. So, you'll need to download and print it out if you want a physical copy for easy reference.

### **Should You Get It?**

If you're in a marriage that's headed for a rocks or if you're in a relationship and you keep fighting with your partner, Michael Fiore's '[Secret Survey](#)' will definitely help you to fix the underlying problems in your relationship.

The problem most women face is that they just can't seem to understand their man. No matter which women's magazine they read and follow, nothing seems to work. In fact, things only keep getting worse.

The reason for that is that women's magazines give advice from a woman's point of view and this is so far from the truth that it is of no use. It may all sound and look good, but has zero effectiveness in real-world situations.

Michael Fiore is a relationship expert that is famous all around the world. The advice in the [Secret Survey](#) will help you decipher your husband or partner. Once you can do that, you can repair the relationship and things will be smooth. Give it a try and you'll never look back.

**>>> Get "Secret Survey" Now <<<**

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## **Smart Power 4 All Review ..... #16**

### **Product Description:**

**Smart Power 4 All** is a website that sells a very unique product that has risen to the top of the bestsellers list. It's extremely popular and has tons of reviews from raving fans.

The product itself is simple – you'll be given plans to build a smart solar box that will save you electricity, reduce your utility bills and serve you well in case of an emergency. It's like a generator, but on a much smaller scale.

However, it's just as powerful. In fact, it's even more convenient. Unlike heavy generators, this is a lightweight device that is easily portable.

The solar box requires zero maintenance, is environment friendly and very versatile. We were so intrigued by it that we decided to take a closer look... and this is what we discovered.

### **The Good Points:**

1) **This product** is an online bestseller that thousands of people have bought and benefited from. It's extremely useful and beneficial. The smart solar box that you build will be a godsend during emergencies when there is no electricity.

One simple battery charge will give you up to 20 hours of electricity. You'll save electricity and money. It's unbelievable and the kind of item you'd expect MacGyver to make... and yet, you can build one too.

2) It's legal to build and use a solar box. Isn't that a relief?

3) It's relatively inexpensive to build. All the required items to build a smart solar box will not exceed \$200. The amount you save on electricity bills will more than recover whatever you spend on building one.

4) The instructions are simple and easy to follow. You do not need technical knowledge to create the solar box. Most people will be able to build one without too much difficulty.

5) Preppers and survivalists will love this product. Whenever there's a natural disaster or some crisis, very often, the power is the first one to go. Your refrigerator, heating, AC, etc. are all affected. With the smart solar box, you can still power up the essential appliances.

6) The solar box will be able to power several devices such as lamps, toasters, AC units and much more. It's very versatile. The fact that it's small and portable is definitely a plus point.

7) ***The product has a 100% money back guarantee.***

You have 60 days to build your smart solar box and test it out. If it doesn't work, you can get your money back..... No worries there.

### **The Bad Points:**

1) This is an online download. You'll need a computer to access it, but you'll need to print it out for easy reference.

2) You have no choice but to read the guide thoroughly before embarking on the project. Too many people get excited and jump into it without a proper understanding of how it all works. The end result is frustration when they make a mess of things. So, have patience and do it slowly.

### **Should You Get It?**

Of course, you should. **This product** sounds totally fun! It's like building a science project for school... that actually works.

Since it's a bestselling product, it has been proven to work. All the positive reviews are good social proof. You're also covered by a money back guarantee. So, there's no risk here.

The benefits, however, are many. The fact that the solar box will slash your electricity bill alone is enough reason to get it. Over and above that, it's portable and flexible enough to power a wide range of devices. In fact, you could even create and sell these to your friends and neighbours and make good money from this little business. This is one of those products that you should definitely try. Get it and you'll reap returns many times over.

**>>> Get "Smart Power 4 All" Now <<<**

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## [Superior Singing Method Review .... #17](#)

### **Product Description:**

Singing is one of the most popular talents out there. We've all seen shows like 'Britain's Got Talent', 'America's Got Talent', 'The Voice', 'American Idol', etc. Millions of people want to be better singers.

Yet, it's expensive to hire a vocal coach or go for classes, etc. Because of this, one particular product has seen a massive rise in popularity over the past few years. Called the '[Superior Singing Method](#)', this course has sold thousands of copies and has rave reviews.

Created by a vocal coach, Aaron Anastasi, it claims to be able to make you a better singer in 8 weeks. Of course, this perked our interested and we decided to investigate and see if the product delivered what it said on the tin.

This is what we found out.

### **The Good Points:**

1) [The Superior Singing Method](#) claims to be able to:

- \* Improve the accuracy of your pitch
- \* Improve your vocal tone
- \* Give you more control over your voice
- \* Allow you to have vocal gymnastics and move smoothly from high to low notes

*So, does it live up to its claims?*

**Definitely.** Thousands of people have used this course and become better singers. We found positive reviews on many sites. So, this is one of the few products out there that actually lives up to the hype.

2) This program is easy to follow, and the modules are bite sized videos that you can easily watch on your mobile phone or tablet. It's convenient and makes the learning process easy.

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3) One of the biggest selling points of [Superior Singing Method](#) is that it's taught by a very credible person. Aaron Anastasi, is a popular vocal coach with over 100K subscribers on his YouTube channel and his videos have millions of views. He definitely knows what he's talking about.

4) The product is affordable and within the reach of most singing enthusiasts. It is worth every cent.

5) Aaron Anastasi laid out the program in a very systematic way. That explains why it accelerates the learning process. This is how the [Superior Singing Method](#) is structured over a period of 8 weeks.

- \* Week 1: Unique Vocal Warm Up Exercises
- \* Week 2: Breath Management and Diaphragm Breathing
- \* Week 3: Mastering Vocal Tone
- \* Week 4: Improving Pitch
- \* Week 5: Resonance and Singing with Power
- \* Week 6: The Mix Voice and Singing Higher Notes
- \* Week 7: Improving Vocal Agility
- \* Week 8: Advanced Strengthening and Vocal Techniques

6) Thousands of people have purchased the Superior Singing Method and it's an online bestseller. The reviews are often positive and that's social proof that the product delivers value and is of high-quality.

7) There are several other bonuses that accompany the main product. This is value for money. [The Superior Harmony bonus](#) will teach you how to sing in harmony with others. This is extremely useful.

8) This program is covered by a refund policy. You have 60 days to test it out and see if it works for you. The 8-week program is 56 days... If you see no improvement, you still have time to get a refund.

### **The Bad Points:**

1) We must be realistic here. Not everyone can sing. This program will do wonders for you if you have a naturally good voice and tone. If you have promise, it will make you shine.

However, some people just do not have the voice for singing. It's a hard fact to accept, but that's the way it is. While this program can still help you if you're not a naturally talented singer, it's not going to make you the next Pavarotti.

2) Singing is an art and like any art, it demands daily and consistent practice even if you're not in the mood. So, you'll need to be disciplined and have patience to hone your skills. There is work involved.

### **Should You Get It?**

***The Superior Singing Method*** gets 2 thumbs up from us. It is a fantastic step-by-step program that will take your singing ability and skill to the next level over 8 weeks. If you're still reading this, you already know just how detailed and credible this product is. There's really no need to hype it up. Give it a try and your singing will improve by leaps and bounds.

The next time you start to sing, everyone will take notice.

You just can't put a price on that.

Get the Superior Singing Method and wow everyone with your voice.

**>>> Get "Superior Singing Method" Now <<<**

## [Take Surveys for Cash Review ..... #18](#)

### **Product Description:**

If you're tired of struggling to make ends meet with the wages that you get from your day job, you'd probably have researched how to make money online. Very often, most people are tired after a hard day's work. They just want something easy to do for about an hour or two to earn a few extra dollars.

Survey websites are one easy way to make a few hundred extra dollars without too much struggle. All you'll need to do is complete a few surveys daily and the payouts will all add up to some extra spending money.

**It may all sound too good to be true...** and if you pick the wrong survey site, that will be the case. The key to making money with surveys is to pick a reputable site. Here's the kicker – *most survey sites are scams!*  
The chances of you picking one that helps you is slim.

Our research showed that out of the few reputable survey sites available, one was a cut above the rest. Run by Jason White, the platform is call '[Take Surveys for Cash](#)', and while the name is not highly imaginative, this is a reliable and trustworthy platform that has stood the test of time.  
It has thousands of members and is just as popular.

Let's look at the pros and cons of using [Take Surveys for Cash](#).

### **The Good Points:**

1) There is excellent social proof with [Take Surveys for Cash](#). The official site shows positive reviews from many clients who use it to earn money with surveys. It has also been around for years and stood the test of time whereas many other fly-by-night survey websites has come and gone after a short while.

2) You want the best bang for your buck. In this case, you want the best payout for your efforts. [Take Surveys for Cash](#) usually pays much more than scam survey sites that take a huge cut and pay you a miniscule fraction of what you should get. You'll earn much more from doing surveys on Jason's site.

3) The product comes with a 100 percent money-back guarantee.

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This is a relief because most survey sites do not offer this. It's a sign of trust.

[Take Surveys for Cash](#) has also been verified as a reputable site.

4) There's no need to be a tech wizard to use this site. The interface is user-friendly and intuitive. Most people will be easily navigating the site within 30 minutes of using it. It's simple to use, easy to understand and uncomplicated.

5) You're spoiled for choice. There are enough surveys for everyone. You can pick your survey based on the payout value, or you can do surveys that interest you. The choice is yours.

### **The Bad Points:**

1) This is NOT a get rich quick scheme. You'll be able to make a few hundred dollars extra or get coupons, but you're not going to rake in thousands of dollars. So, just tailor your expectations and understand that while you'll have some extra spending money, completing surveys is NOT going to replace your day job.

2) Some surveys have requirements based on gender, age and other demographics. This is usually stipulated by the company conducting the survey, and NOT [Take Surveys for Cash](#) which is just platform. So, you'll not be suitable for all the surveys, but there are enough surveys available to keep you busy daily.

3) Of course, you'll need a computer and an internet connection to complete these surveys. A fast connection will allow you to be more productive.

### **Should You Get It?**

If you're looking for a way to generate some easy side income, you should give this program a try. It's flexible, allows you to work on your own time and you can make a few hundred dollars a month without working your butt off.

Completing surveys is easy and fun too. The cash you earn will allow you to settle off bills or buy something that you've had your eye on. It gives you that little bit of financial flexibility that goes beyond your daily wages.

Contrary to popular belief, doing surveys for cash is not a scam. It's just the disreputable survey sites that have tarnished the image of this industry.

[Take Surveys for Cash](#) has been around for years and is still a hit.

***Backed by a 60-day refund policy***, you really have nothing to lose. Join it today and give it a try. You'll not only make a few hundred bucks extra, but it's fun too.

**>>> Join "Take Surveys for Cash" Now <<<**

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## **Text Your Ex Back Review .... #19**

Product Description:

There's never been a product as unique as [Text Your Ex Back](#) in the relationship guidance niche. It's truly one of a kind and it meets a need that was never addressed before.

Created by relationship expert, Michael Fiore, [Text Your Ex Back](#) is exactly like what its name suggests. If you are broken-hearted, depressed and feel like all hope is lost because of a breakup, this system just might help you fix the relationship and get your ex back.

*And here's the best part – you can do it with just texting.*

No need for long phone calls, jewellery, cards or serenading under a window. Times have changed. Everyone texts these days and it's the most common form of communication.

The strategies in this program have proven to be very successful and thousands of people have gotten their boyfriends, girlfriends, wives, husbands... back just by sending the texts that are provided here.

You must see it in action to believe it. Sceptics have become believers after seeing how these texts worked. Let's look at this program in greater detail.

### **The Good Points:**

1) You'll get mp3s, written reports, interview recordings and several other types of training material in this highly comprehensive program.

[Text Your Ex Back](#) is a very unique product and the first of its kind.

The plan is detailed and yet, it's easy to follow. Once you understand the psychology behind the texts and how they influence human emotions, you'll truly realize just how powerful this system is.

It has helped thousands of people, and it will most probably help you too.



2) The beauty about [Text Your Ex Back](#) is that it takes guesswork out of the equation. This is a systematic plan that you need to follow to the letter. Literally. If you can do that, your chances of getting your ex back will be much higher.

The problem most people face is that they just don't know what to do when they experience a breakup. They overreact and resort to desperate gestures of love or over-dramatic bursts of emotion. All of these work against them.

You need a calm, cool method of approach that increases your worth in the eyes of the one you broke up with. [Text Your Ex Back](#) will make your ex feel like they're losing out by letting you go. When that happens, they'll be much more likely to get back with you.

3) The system in [Text Your Ex Back](#) is highly effective and will help both parties. If you were the one who was dumped, you can use it. If you were the one who initiated the break up, you can still use it too. People make mistakes.

Breakups are often emotionally charged with lots of hurtful comments, cold behaviour and much more. [Text Your Ex Back](#) will help you overcome all these and still help you to get back with the one you love.

4) There is a peer group that comes with this program. You'll be able to find friends and get emotional support in the members area. Sometimes talking to others who have gone through a break up and gotten their ex back will help to prevent depression, keep you hopeful and encourage you.

5) You have 60 days to test this product out. If you can't get your ex back by then, you're still covered by a money-back guarantee. So, you can always ask for a refund.

### **The Bad Points:**

1) This is an online download. You'll need a computer to access it, but you can print it out for easy reference, if you wish.

2) Success with this program will also depend on the cause of the break up. Sometimes, when there is infidelity, physical abuse, etc. the emotional pain and scars can be so severe that the relationship can't be salvaged.

So, [Text Your Ex Back](#) is effective, but it doesn't have a 100% success rate. Nevertheless, you should still try it out because you'll only know if you can get your ex back when you try.

## **Should You Get It?**

***Definitely.*** Texting is a very powerful strategy to get your ex back.

While they can avoid phone calls or meeting you, most people are curious by nature and will still read text messages. What's important is that you send the right kind of texts that keep them hooked and coming back for more.

Sending long emotional soliloquy texts is NOT the way to go. You need the texts in [Text Your Ex Back](#). They're effective, work on people's emotions and are based on human psychology. That's what makes them so effective.

**Quite frankly, this product is a no-brainer. It gives you all the texts you need.**

All you have to do is copy and send them in the order that you're shown.

No effort, creativity or guesswork required.

**This system is proven to work.**

***Just use it and get your ex back before they end up with a new partner.***

**>>> Get "Text Your Ex Back" Now <<<**

## [The 3 Week Diet Review .... #20](#)

### **Product Description:**

With obesity at epidemic proportions, it's no wonder that losing weight is the number 1 goal around the world. Despite this, most people who embark on a weight loss program quit within 2 weeks.

### **Why is this so?**

We have all the best workout machines from treadmills with state of the art technology to mechanical stair climbers, elliptical trainers and so much more at our disposal. Yet, most people never succeed at reaching their weight loss goal.

The reason for this is – they do NOT know what to do. They spin their wheels and go nowhere. When you're struggling day after day and seeing no results, anybody will throw in the towel and quit. Most people want to see at least a few pounds drop within the first week.

This is one reason why, Brian Flatt's guide, "[3 Week Diet](#)" has become a runaway bestseller online. The product promises fast weight loss within 3 weeks. In fact, you'll see weight loss within the first week. NOW you're motivated to keep losing more.

***Nobody gives up when things are working!***

Brian Flatt is a fitness expert and his system is all about speed and results. By blending in exercise with specialized diet tips and techniques, he's able to create a situation where the body has no choice but to shed the excess pounds.

We were so intrigued by the success of his program that we decided to take a closer look... and this is what we discovered...

### **The Good Points:**

1) [The program](#) focuses more on getting your diet right and just using a little exercise to fire your metabolism up. This is a very effective method of speeding up weight loss because most of it depends on the diet.

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The program is laid out well and all you need to do is follow it. It has been an online bestseller for a couple of years now with many positive reviews from past customers. This is solid social proof that the product works.

2) Since Brian has years of experience as a personal trainer, he actually knows what works in the real world. This is not untested theory. He has distilled all the best weight loss techniques and created one powerful protocol that gives fast results.

This will keep you motivated and on track. Most people give up on their weight loss goals because it takes so long to see results. With the ***3 Week Diet***, you get fast results. The methods and techniques in this guide are excellent.

3) Since this is an online download, you get immediate access upon payment and can immediately start on your weight loss journey. This program is all about speedy results.

4) This program is covered by a 60-day money back guarantee. If you do not lose weight within these 2 months, at least you can get a refund. It's a zero-risk purchase.

### **The Bad Points:**

1) ***The 3 Week Diet*** does recommend some supplements to accelerate the weight loss. They aren't necessary, but they are helpful. However, people on a tight budget may not be able to purchase these.

That's NOT a deal breaker. You'll still lose weight, but it may be less than what you could achieve with the supplements.

2) The sales copy is a little exaggerated. It's possible to lose 10 to 12 pounds over a period of 21 days... but 20 pounds? That's really pushing it and not healthy. Nevertheless, even a 10-pound loss will make a world of difference. So, do give the system a try, but tailor your expectations and don't aim for a 20-pound loss in 3 weeks.

### **Should You Get It?**

**Of course, you should!** The product is guaranteed to help you shed the excess pounds in 21 days. That's great. If you're looking to be beach body ready and you don't have much time, this product is for you.

This is a weight loss program that delivers results. Give it a try and you'll be amazed.

**>>> Get "The 3 Week Diet" Now <<<**

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## [The Big Diabetes Lie Review .... #21](#)

### **Product Description:**

Diabetes is a very serious health problem that affects millions and it also leads to hypertension, heart disease and other problems. This is not a disease to be trifled with. Allowing it to get uncontrolled can mean blindness, amputations, kidney failures or even death.

The implications are severe and if you have diabetes, getting it under control should be your priority. The biggest cause of most type 2 diabetes is one's diet and sedentary lifestyle. But how do you fix this problem?

*The answer – [The Big Diabetes Lie](#).*

This program is an online bestseller that has been around for a couple of years now. Written by Max Sidorov, the premise of the guide is that major pharmaceutical companies are more interesting in treating the problem rather than curing it.

There's big money to be made in medication, insulin, syringes and supplies, etc. The general impression that these companies want you to have is that diabetes requires all these special measures.

This is a lie and that's exactly why Max, titled his book '[The Big Diabetes Lie](#).' The information in this guide is about addressing the root cause of the problem.

Treating the symptoms is neither productive nor helpful. Max's wealth of information in [The Big Diabetes lie](#) will show you how to bring the disease to a halt, stabilize your blood sugar levels and lower your risk of diabetes-related complications.

*Let's examine the pros and cons of this highly popular and controversial book.*

### **The Good Points:**

1) You'll see results quickly because the program address one of the most important factors – your diet. By changing your diet, you'll be assisting to stabilize your blood glucose levels.

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The avoidance of refined carbs and other detrimental foods that are revealed in the guide will prevent wild blood sugar fluctuations. Your condition will improve by leaps and bounds.

2) This book was written for laymen. Complex medical terms have been forsaken for simplicity and ease of understanding. It's an easy read and following the tips will be a breeze.

3) Success depends upon a good plan. Max's '7 Steps to Health' plan is one that you can count on. All you need to do is follow it to the letter and you'll see results.

4) You can test the program out for 60-days and if you're not satisfied, you can always ask for a refund. There is a money-back guarantee. 60 days is long enough for you to see major improvements in your condition.

5) ***The Big Diabetes Lie*** has sold thousands of copies. It's been a bestseller for a few years now with many positive reviews on the official website. This is positive social proof that the product delivers what it says it will.

6) Everything you need is provided. Nutrition tips, diet tricks, meal plans, and so much more to help you get this disease under control. You can't go wrong with it.

7) The tone of *The Big Diabetes Lie* is very encouraging. The biggest problem with most diabetes books is that they paint a sombre picture of how dangerous this disease is and state that it has no cure.

Sidorov's book is uplifting and give you hope. Diabetes is NOT a death sentence. If you follow the advice in this book, you'll not need to worry about diabetes ruining your life. You can lead a full and rewarding life while keeping diabetes under control.

### **The Bad Points:**

1) No product is perfect for everyone. Some diabetes sufferers may see no results, but they're a very small minority. Type 1 diabetes patients will still need insulin injections to manage the problem. It's also best to see a doctor to ascertain the severity of your problem.

The holistic tips in this guide will complement most doctors' treatments.

2) You can only buy this book online.

### **Should You Get It?**

*A definite yes!* If you have diabetes, or you know someone who does, this book is a godsend. The advice is on point, easy to follow and highly effective.

Give it a try for 2 months and you'll be amazed at how your diabetes comes under your control. Your blood glucose levels will be stable, you'd have shed excess fat, reduced inflammation and look and feel much better.

Every diabetes sufferer will benefit from this book. Get it today and test it out. It's amazing.

**>>> Get "The Big Diabetes Lie" Now <<<**

## [The Ex Factor Guide Review .... #22](#)

### **Product Description:**

[The Ex Factor Guide](#) by Brad Browning, is probably one of the most unique books on the planet. While most relationship guides are about developing a healthy relationship, or understanding the opposite sex to improve your marriage, etc. this book is about rescuing a relationship that has ended.

This is a very challenging topic. How do you get your ex back when they do not want to have anything to do with you? Very often, there may be a lot of negative emotions and drama that took place prior to the break up.

How do you overcome all these bad memories and get your ex to come back to you? You need a plan... and that's exactly what the [Ex Factor Guide](#) is. It's a plan like no other that's designed to get your ex back by using human psychology.

*The biggest mistake most people make when they get dumped is to beg their ex.*

This guide, however, turns the tables on the one who left you. Just when they think that they've gotten the upper hand, your lack of interest in the break up will make them curious and compel them to check on why you've made no contact. This is all part of the plan.

Nonchalance, a cool attitude, and other mind games are employed to raise your value in your ex's eyes. Once they realize that leaving you is their loss and not yours, they'll come running back. This is basic human nature.

[The Ex Factor](#) is eye-opening and very effective.

Let's look at it in greater detail.

### **The Good Points:**

1) This 220-page book is an online bestseller for years. It has sold thousands of copies and is still as popular. With tons of positive reviews and success stories from buyers, that's strong social proof that the info in the guide works.

2) When you're emotionally hurting, it's easy to overreact and dig a deeper hole for yourself. Your attempts at getting your ex back may seem needy, desperate and pathetic. It'll alienate your partner even more.

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**The Ex Factor** lays out a detailed plan for you to follow. It's simple, easy to understand and takes a systematic approach. All guesswork is taken out of the equation. You just need to adhere to the plan.

During a breakup, there is often anger and sometimes even hate. By begging your ex, you'll be lowering your value and they may even snigger at your neediness while they get an ego boost.

**The Ex Factor plan** will throw them off guard because it works against human nature. By not being desperate, it'll appear like you are having a better life without your ex. Suddenly, they may feel left out and think that they made a mistake.

Very often, being aloof is enough to get them to come back. In a way, these are mind games... and you must master the game to win them back. The Ex Factor will teach you all you need to know.

3) The program has 2 different versions for men and women. This is excellent. Most guides in this niche take a 'one size fits all' approach and fail miserably.

**The Ex Factor** works because the psychology used is gender specific and targets them with the correct approach.

4) Worried that this product might not be for you? You're covered by a 100% money-back guarantee. **Try The Ex Factor** for 60-days. If you do not get your ex back by then, you can always ask for a refund.

The very low refund rate indicates that this product has a high success rate. You'll probably get your ex back and never need a refund.

5) There is 24-hour customer support. If you have any doubts or questions, you can easily reach them.

6) Brad has the credentials and is an authority on this topic. That probably explains why the information is accurate and so effective.

### **The Bad Points:**

1) The efficacy of the methods in **The Ex Factor** is proven. However, in some relationships, the emotional scars are so deep that you just might not be able to win your ex back.

If your partner caught you cheating, or there was emotional and physical abuse that caused the relationship to end, trying to get your ex back may be impossible.

You can give it a try, but you must be aware that while this is an excellent program, it doesn't have a 100% success rate.

2) You can only get this guide online. You'll need to print it out as a handy reference.

### **Should You Get It?**

If you're desperate to get back with you ex, this book will help you. *Period.*

Every single tip inside is tested, proven and works. You might be doing all the wrong things based on your emotions. Usually, you'll be sabotaging your own efforts.

[\*\*\*The Ex Factor Guide\*\*\*](#) has a plan to keep you level-headed and act in a way that's in your best interest. The advice is based on human psychology and that's why it works so well. Most people just don't have this understanding to win their ex over.

[The Ex Factor](#) gives you a plan to follow... and all you need to do is follow it. In most cases, you'll see success and win back the love of the one you thought you lost.

Stop suffering the mental anguish and heartache.

Execute the given plan and get your ex back ASAP. Time is of the essence.

[\*\*>>> Get "The Ex Factor Guide" Now <<<\*\*](#)

## **Thin From Within Review .... #23**

### **Product Description:**

*The ketogenic diet* is highly effective for weight loss. However, a ‘one size fits all’ approach just doesn’t give results as fast. But what if you take it and spin it in a way where it becomes more effective for women?

Now you have a winning weight loss program for women that’s based on the science of the ketogenic diet. That is exactly what ‘*Thin From Within*’ is. It’s author, Brad Pilon is no newcomer to the health scene. His last book on intermittent fasting was an online bestseller... and this one is too.

However, the keto diet is much more technical than intermittent fasting. You need to know what fats to eat, what to avoid, the macro proportions and much more. It’s a given that the ketogenic diet works... but adopting it is easier said than done because you need the correct information to follow.

The moment we heard that Brad was involved, we had to take a closer look at; *Thin From Within*. This is what we found out.

### **The Good Points:**

1) *Thin From Within* targets women because men generally have it easier when it comes to weight loss. Brad took the ketogenic diet and created a plan specifically to help women shed their stubborn pounds. This targeted approach increases the efficacy of the program.

2) The program is structured in a way that will help your body to respond better. Many beginners make a mistake of haphazardly starting on a ketogenic diet. This slows down their progress.

*Thin From Within* has a 2-step process. In step 1 – you’ll focus on ‘microflora balancing’ where you’ll help to balance the intestinal flora. This will aid in better digestion and improved health.

In step 2 – you’ll discover metabolic rebalancing which is all about tailoring the ketogenic strategies to suit your body and weight.

There's also a support group where you can chat with other women on the ketogenic diet. This is very helpful for getting help, tips and encouragement.

3) There is not only written material, but you'll also get 130+ video lessons to help you learn better. We couldn't believe we were getting so much information for such a low price.

4) **Thin From Within** has sold thousands of copies. Many satisfied customers have left reviews saying how the product benefited them. This is good social proof and lends a lot of credibility to the product.

5) The main product is accompanied by several useful bonuses. There's value for money here.

6) Brad Pilon is a well-known name in the fitness industry and has impressive credentials (Masters degree in Applied Human Nutrition). His previous book 'Eat Stop Eat' was an online bestseller too. The man really knows his stuff, and his methodical approach to a topic is what sets him above the rest.

He's taken the ketogenic diet with all its principles, stripped away all the fluff and unnecessary jargon and made it easy and simple for women to follow. Most beginners will have no problem understanding **Thin From Within**.

7) ***The product comes with a 60-day refund policy.***

In the unlikely event you do not lose any weight with Brad's method, you can always get your money back.

### **The Bad Points:**

1) This is an online download. You'll need a computer to access it, but you can print it out for easy reference, if you wish.

2) As with all things, results will vary. This is a diet and exercise program. It's very powerful and relatively easy to follow... BUT you must be consistent. People who approach it in a half-hearted manner and cheat on the program will not see success.

### **Should You Get It?**

If you're looking to lose weight with the ketogenic diet, Brad Pilon's '**Thin From Within**' is the only guide you'll ever need. The information is accurate, effective and has been proven to work.

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Over and above that, he has given you a fitness plan too. So, this all-rounded approach will help you to not only reach a metabolic state of ketosis but will also boost your metabolism so that fat loss is accelerated.

The product is very affordable and if used well, will improve your health, help you reach your ideal weight, leave you with more energy than ever before and you'll feel great.

It doesn't get better than this. You really should give it a try without hesitation. You'll be glad you did. It's not often we come across a product that delivers everything it says it will... but this one does. Highly recommended.

**>>> Get "Thin From Within" Now <<<**

## [Unlock Your Hip Flexors Review .... #24](#)

### **Product Description:**

[Unlock Your Hip Flexors](#) has done very well for itself. Even though it addresses a topic most people are unaware of, it has become an online bestseller for the past couple of years now.

Mike Westerdal and Rick Kaselj, created this guide because they believed that tight hip flexor muscles are one of the root causes for many health problems such as:

- \* Digestive issues
- \* Inability to walk without discomfort
- \* Joint pain in your hips, legs and back
- \* Lethargy
- \* Low libido
- \* Poor blood circulation
- \* Poor posture
- \* Sleep problems

By loosening your tight hip flexor muscles, not only will you keep these problems at bay, but you'll have more energy and be able to shed the stubborn fat on your belly more easily.

Your hip flexor muscles are responsible for many movements and are engaged when you walk, run, bend, etc. Stretching them is essential to maintaining good health and balance within the body.

Mike and Rick's guide, '[Unlock Your Hip Flexors](#)' is so effective that thousands of people have benefited from it. As we age, we lose our flexibility and range of motion. Often this is due to a sedentary lifestyle.

[Unlock Your Hip Flexors](#) provides a series of simple exercises that only take a few minutes each day. Simple, yet powerful. In 3 weeks, your hip flexors will be flexible, less tight and many pain issues in your body would have decreased or disappeared.

Let's take a closer look at why this product is so popular.

## The Good Points:

1) The information is detailed and yet, it's easy to comprehend. Everything is well-explained, and you'll have no problem following along. No complex medical terminology is used. You'll not be intimidated or overwhelmed by this guide.

2) [\*\*\*Unlock Your Hip Flexors\*\*\*](#) is surprisingly affordable. For an online bestseller that has sold thousands of copies and has so many positive reviews, we were expecting it to be costly... but it wasn't. This product is within the reach of most people.

3) One excellent point about [\*\*\*Unlock Your Hip Flexors\*\*\*](#) is that you only need about 10 to 15 minutes to do the exercises. That's about 1 percent of your day. Anybody can spare 15 minutes to improve their health. This works for even the busiest people on the planet!

4) It doesn't matter what gender you are or what your fitness level is. The exercises in this program will benefit most people and make them more limber. Your body will be less stressed out too. You may experience a feeling of 'lightness' and ease that leaves you feeling good all the time.

5) Once you start doing the exercises shown in the guide, you'll notice that your back pain and any other pain associated with your shoulders and neck starts to gradually diminish.

It may take you about 2 to 3 weeks to feel the results, but they'll come if you stay on course. All the pain that associated with tight psoas muscles will disappear and you'll feel immense relief.

6) The authors of [\*\*\*Unlock Your Hip Flexors\*\*\*](#) are fitness experts with impressive credentials and real-world experience. That probably explains why their information is on point and so effective.

7) Most people will be able to see results and improvement in their health within 60 days. But what happens if you don't? No worries.

*This program is backed by a 100% money-back guarantee.*

If you're not satisfied, you can get a refund. There's no risk here.

## The Bad Points:

1) This is a holistic method of treatment and will require consistency and patience from you. You'll need to spend a few minutes daily to do the stretches and exercises

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mentioned. You must do them according to the plan. You'll also need to stick with it for about a month before you see noticeable results. It's definitely worth the wait. So, do have patience and do not quit.

2) This product is only available online. So, you'll need to download and print a physical copy if you want one for easy reference. If not, you can just read it online.

### **Should You Get It?**

This is one of those products that's so unique you won't find it elsewhere. It addresses a problem that is sorely neglected because most people aren't even aware that it exists.

Tight hip flexors cause many health problems as mentioned earlier. Yet, we treat the symptoms without addressing the cause. This program will increase your flexibility, loosen your tight hip flexors and improve your health.

You only need a few minutes a day to achieve good health.

[Unlock Your Hip Flexors](#) is an excellent investment that will reap rewards many times over.

This guide is a must buy.

It gets our highest recommendation.

**>>> Get "Unlock Your Hip Flexors" Now <<<**



## [Yoga Burn Review .... #25](#)

### **Product Description:**

Very often when people talk about weight loss, the first exercise they think of is running or jogging or swimming. These hard training methods are viewed as more effective just because they're deemed 'more difficult.'

Yoga is often not even considered as a weight loss exercise. Yet, it has helped millions of people all over the globe to lose weight. Zoe Bray, a certified yoga instructor, created a program known as [Yoga Burn](#), to help women to lose weight.

This program has become a bestseller online with thousands of copies sold. Even after a couple of years, it's still as popular and the positive reviews from satisfied customers keep coming in.

So, yoga 'can help' you to lose weight. The key to succeeding though is knowing what poses to execute and how to structure a good session.

[In Yoga Burn](#), it's all done for you. All you have to do is follow along.

There are 3 phases in [Yoga Burn](#), and for each phase there are 3 videos for you to follow. So, that's a total of 9 videos. That's it.

This is simple and not intimidating.

Each video is about 15 minutes in duration and you'll play it 3 times on a loop. That comes up to about 45 minutes per yoga session. That's just nice for it to be effective but not draining. You only need to do the workouts 3 times a week.

**Let's weigh the pros and cons of this program.**

### **The Good Points:**

1) Unlike strenuous fitness programs such as CrossFit, HIIT or even the usual running on the treadmill, [Yoga Burn](#) is much easier. It's not exhausting or draining.

You will not find yourself dreading the workouts in this program. That means you'll be more motivated to stay on track and your weight loss will be steady until you reach your ideal bodyweight.

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Yoga will also help to de-stress you. Unlike hardcore fitness training that causes more stress and makes the body release the stress hormone cortisol, yoga will keep you calm and at ease.

2) [Yoga Burn](#) addresses women's needs specifically. This is not a 'one size fits all' program. Being a woman, Zoe understood that women have a more difficult time losing weight due to physiological differences.

So, her program was created for women and helps them overcome the obstacles that they often face when trying to shed the stubborn pounds. This targeted approach makes [Yoga Burn](#) a lot more effective than most run-of-the-mill yoga DVDs that litter the marketplace. You'll get results much faster with [Yoga Burn](#).

3) One of the reasons Zoe's program has helped so many women to lose weight is because it is structured very well. You're taken through the fundamentals all the way till the more advanced moves.

Initially, you will start off at phase 1, which is known as 'Foundational Flow.' In this phase, you'll learn the basic poses, breathing techniques and other yoga basics.

When you're through with phase 1, you'll move on to the second phase which is the 'Transitional Flow' phase. In this phase, you'll discover how to transition from one pose to another in a smooth and graceful manner.

Phase 3 is the 'Mastery Flow Phase' and you'll be doing more advanced moves here which will challenge your body and boost your metabolism. This phase is all about burning fat and getting you fit.

4) If you follow the plan laid out in [Yoga Burn](#) and your diet is clean, you'll most probably lose the excess fat within 2 months. However, if you feel that the program is not right for you, or you see no results, you can always ask for a refund.

**Yoga Burn comes with a full 60-day money back guarantee.**

You really have nothing to lose here.

5) There is a 'Tranquility Flow' sequence and audio MP3s of the classes so that you can listen and follow the program. These 2 free bonuses accompany the main product.

6) The pace of the videos is slow enough for most beginners to keep up and yet, the videos do not take up a lot of time. They're focused and effective.

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## **The Bad Points:**

- 1) While yoga is great for health, flexibility and stress relief, in order to lose weight, your diet matters too. You'll need to be at a caloric deficit and on a clean diet. Yoga will accelerate weight loss, but your diet must be in place, or you'll see no results.
- 2) This is a digital product. Nothing is shipped to you to keep it affordable to most people. You'll need a computer with an internet connection to access this program.

## **Should You Get It?**

This program was designed by a woman for women who wish to get lean and fit.

*Yoga Burn will transform your body* over 12 weeks and give you the lithe and toned look that looks great in dresses and turns heads.

It's great for beginners and unlike many yoga classes which focus on breathing and meditation, Yoga Burn focuses on weight loss. If this is your goal, Zoe's program will work wonders for you.

She's a certified yoga instructor and she'll guide you through every step of the program. Give it a try today, and in 3 months, you'll be so glad that you started on Yoga Burn.

**>>> Get "Yoga Burn" Now <<<**

***OK .... That's it Folks, I hope you got some great value from this short E-book.***

***If So ... Please share it with your Friends. Family & Associates, and don't forget to check out the 'Resources' below as there's some great Free-stuff to be found there!***

## ***Resources;***

[FRED67.com Homepage](#)

[The Free E-Library](#)

[The Free Work-At-Home Business Development E-Library](#)

[The FRED67 Community Newsletter](#)

[FREE! E-mail Marketing Course For Profit](#)

[One Of The Best Sources of PLR is at 'ListMagnets'](#)

[Herculist – The 100% Optin Safelist](#)

As an Entrepreneur I'm certain that you'll understand the absolute need to build an E-mail list, and also that there are numerous tried & tested platforms out there to help you build your list efficiently and profitably. Having said that, I'd like to recommend **TrafficWave** as it not only offers an 'unlimited' list building platform for a basic monthly rate, but it has simply 'the' best affiliate programme that will allow you to earn an incredible income 'as' you build your list. GREAT! .... EH? .... Well please click the link above or the graphic below, both will give you a '30 day FREE Trial' of **TrafficWave** Platform.



*(Please check it out Now! Before you leave and forget about it later :-)*

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