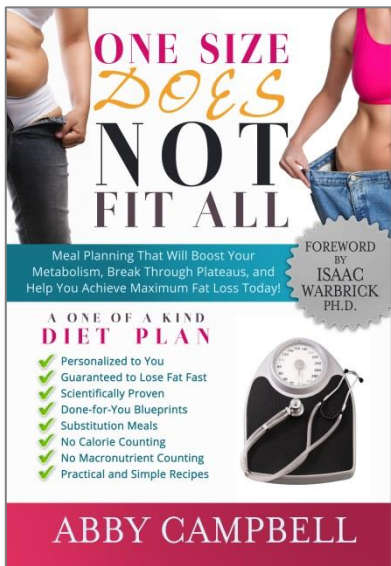


**Putting power
back into the
dieter's hands!**

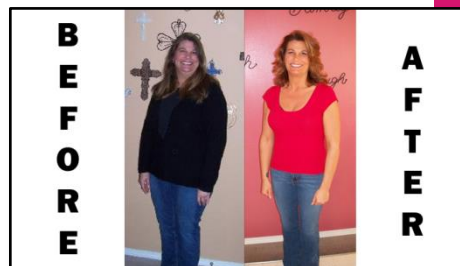


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Body Works
Publications



Jess, Albuquerque, NM –
Lost 60 pounds



Janet, Portland, OR –
Lost 72 pounds



DawnMarie, Henderson, NV –
Lost 50 pounds



Cassandra, Sierra Vista, AZ –
Lost 60 pounds

"After seeing three different doctors and two nutritionists, I still had no idea what foods I needed to be eating to lose weight. Then Abby gave me advice that made sense... easy to understand. Within a week of using her guidelines I was starting to feel healthier and it was wonderful." ~Candice, Florida (down 120 pounds)

"I was desperate for help... my miracle came in the form of Abby. She set me up with a structured meal plan, along with a food exchange. I am now down 35 lbs. and still consistently losing." ~Tiera, Washington (down 35 pounds)

"I learned how to balance starchy carbs and essential fats." ~Cassandra, Arizona (down 60 pounds)

"Abby helped to make sense out of it all. One important thing that Abby helped me to see is the need for BALANCE... I no longer fall prey to fad diets and gimmicks." ~Stephanie, Pennsylvania (down 25 pounds)

"After taking Abby's suggestions, I had a significant weight loss over the summer! That's when I realized how important it is to be conscious of what and when I eat." ~Susan, Texas (down 60 pounds)

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