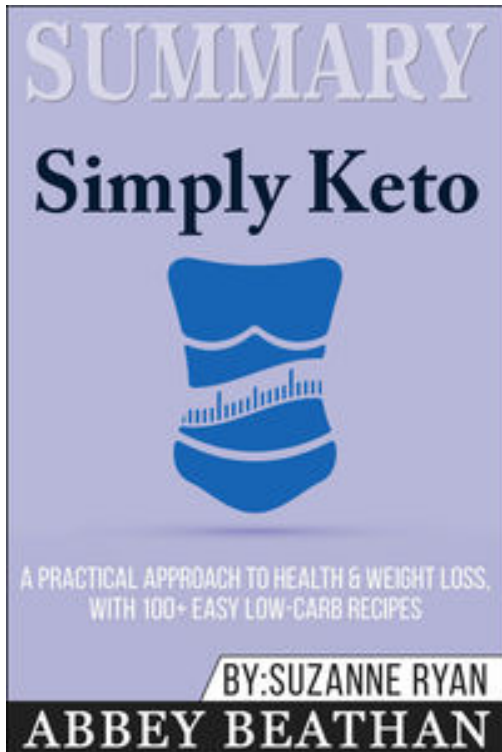


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A woman turned her life around when she stumbled upon the ketogenic diet and she is here to teach you how to do it.

Simply Keto shows you the ropes of one of the most effective diets out there and the way **Suzanne Ryan** adopted it to lose more than 100 pounds in just one year. Gaining control of your health and well-being is extremely important and with just a little guidance, you can take on the keto diet and lose those extra pounds you have been dying to get rid off.

(Note: This summary is wholly written and published by Abbey Beathan. It is not affiliated with the original author in any way)

"These delicious bites remind me of peanut butter cups, but the great thing about this recipe is that there's no need for special molds or sugar!" - Suzanne Ryan

Suzanne Ryan achieved quite a feat, losing almost 40% of her body weight. She thinks you can gain such satisfactory results as well and that having a healthier lifestyle doesn't have to be that bad. With the right attitude and discipline, you'll manage to obtain the figure of your dreams.

Simply Keto is not just a recipe book, it also paints us a picture of Suzanne's life and how she managed to lose so much weight in such a small period of time.

P.S. Simply Keto is an extremely useful book that will finally make you lose some weight.

P.P.S. It was Albert Einstein who famously said that once you stop learning, you start dying. It was Bill Gates who said that he would want the ability to read faster if he could

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