



## **22 Kick Ass Green Smoothie Recipes: Juice Clean, Lose Weight and Tastes Delicious!**

*Patty Anderson*

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Take Complete Control Of Your Health Today!

How to Create Amazingly Delicious Smoothies That Boost Your Long-Term Health, Energy, and Physique!

Staying Healthy Has Never Been So Easy!

An Issue We All Face

One of the worst feelings in the world is feeling like we can't have something we want, especially if it's coupled by being ashamed about what we have!

This is how I used to feel about my body and my health.

I'm sure in some way you can relate. Constantly comparing yourself to someone else, and imagining how happy you would be if you looked like that. People tell you that you should be happy with what you have, but you can't bring yourself to do so.

What did I want? I know you've wanted this too, and probably still do!

I always wanted to have that GREAT LOOKING and SLIM BODY that has a naturally HEALTHY glow.

I wanted to walk into a room and be the PERSON EVERYONE IS DRAWN TO because I look great.

I wanted the CONFIDENCE TO HAVE FUN because I am HAPPY and PROUD of everything I have.

And I wanted to get this without laboring over the process.

People told me to give up. I told me to give up. Have you ever told yourself to give up because deep down you feel like you're chasing an impossible dream?

WELL, DON'T.

Because I Found The Answer

My name is Patty Anderson, and I used to be unhappy about my body and my health, and there were many days when I thought I'd never be different, that I could never change things.

Well I refused to let those bad days get to me, and I refused to listen to people who told me to "be happy with what you have" and GUESS WHAT? Not only did I achieve my goals, but I did it faster than anyone else giving you advice on the subject can help you do.

I used to be chubby, with a body you wouldn't even put in a one-piece suit! I used to sneak into parties because I didn't want people noticing me come in. And I wasn't at all confident. THAT HAS ALL CHANGED.

NOW... I am slim and healthy and can wear any bikini I want to!

NOW... I saunter into a room knowing that people will naturally come and talk to me because I exude confidence!

NOW... I am the fun, carefree person I always believed I could be!

How did I do this? Simple. I drank smoothies.

You don't believe me? It's true!

Smoothies saved me! And they can save you too! In fact, I'm going to show you how! With my new 22 Kick Ass Green Smoothie Recipes Juice Clean, Lose Weight and Tastes Delicious, I can get you the slim and healthy body you've always wanted without any fuss or pain or regret!

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