



8 Minutes in the Morning to a Flat Belly: Lose Up to 6 Inches in Less than 4 Weeks-- Guaranteed!

By Jorge Cruise

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Lose up to 6 inches of belly bulge in less than 4 weeks-- guaranteed!

Heart attack. Breast cancer. High blood pressure. These are all good reasons to lose that fat around your middle. And now, whether you're new to the Jorge Cruise weight-control plan or not, *8 Minutes in the Morning to a Flat Belly* will help you lose up to 6 inches of belly bulge in less than 4 weeks-- guaranteed! The Jorge Cruise secret is to restore your metabolism by creating new lean muscles that burn fat and shrink the size of your belly.

Each day you'll do a simple Cruise Move routine that is specialized to sculpt your belly and take just 8 minutes. You'll also get a delicious meal plan with the essential muscle-making materials you'll need to create your new body. All with NO counting of calories or banning of foods. Empowering visualizations will help you conquer the emotional eating that may be sabotaging your efforts. Success stories from Jorge Cruise clients will help keep you inspired. You have nothing to lose except inches of belly fat!

"My results have changed my life. I have more control over my eating habits and the shape and size of my body."

--Sharon Lawson (exchanged her size-10 pants for a size 6!)

"Thanks to Jorge Cruise's program, I've lost 40 pounds and had to cinch my belt 6 inches smaller."

--Judy Thompson (shrank her waist 6 inches!)

"I feel young again and I look great!"

--Edna Frizzell (dropped four dress sizes!)

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Editorial Review

Review

"Workout revolution!" ?*The New York Times* (on Jorge Cruise and his 8-minute weight-loss plan)

"Very inviting." ?*The Washington Post* (on Jorge Cruise and his 8-minute weight-loss plan)

"Lose 2 pounds a week." ?*USA Weekend* (on Jorge Cruise and his 8-minute weight-loss plan)

From the Back Cover

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About the Author

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