

Published based on [The 5-Second Flat Belly Secret - Lose 2-3 Inches from Your Belly in Less Than 1 Month](#)

The 5-Second Flat Belly Secret - Lose 2-3 Inches from Your Belly in Less Than 1 Month



Can you really get a flat belly without hard exercise and eating like a health nut?

Jennifer Jolan, best-selling author and *America's Weight Loss Queen* proves you can in her new book, *The 5-Second Flat Belly Secret*.

And, believe it or not... you can do it in just 5 seconds per day!

The secret science (used for thousands of years) makes this possible. And many women have lost as much as 2-3 inches of belly fat in one month or less following these ancient secrets hardly anyone in the diet or "fitness" industry knows about today.

It's short and to the point. No fluff. No mindless filler like many weight loss books.

In fact, you can read this book in less than 15 minutes, apply the secrets right away, and literally see results in the mirror in as little as 72-96 hours.

Just a few of the tips she reveals:

- **How to rub away your belly in just 3 minutes per day. (That's all it takes - safe, natural,**

Price:\$2.99

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