

Forum:[Hack Forums](#)

Thread: [\(\\$4.99\) Weight Loss e-Book | Lose the unwanted weight on your body!](#)

Vassilios - August 4, 2016, 11:28 am

?Uprising's Weight Loss e-Book

I will not create a fancy thread as I believe those do not benefit in anything and I just want to get straight to the point.

This e-Book as the title says will help you lose weight. The .rar contains three text files that cover the following topics: The actual weight loss plan on what to eat every day, a guide and explaining some stuff and tips for eating healthy when you cannot eat at home. Also by buying you will get my support forever. (It does not contain any fancy graphics)

This e-Book will not make you suddenly have muscles, it will not make you lose weight in a day and it will not do something unbelievable that other e-Books promise. I have been doing this method for about 3 months and I have lost 10kilos/22pounds and my brother has lost around 7kilos/15pounds in 2 months so results may vary in time from person to person.

I will be giving out one vouch copy to a member that I deem trusted. Vouch Copies given : 1/1

Should you have questions then reply below or message me and I will gladly answer you.

Method of payment: BTC

ToS [\(Click to View\)](#)

- 1) You will not leak this e-Book
- 2) No refunds
- 3) By buying this e-Book you agree to the ToS

Vouches [\(Click to View\)](#)

(Aug 4, 2016 11:29 AM)Keplar Wrote: [\[CITE\]](#) Vouch for Uprising. His book is quality. (Aug 5, 2016 01:49 PM)GoodGuyChucky Wrote: [\[CITE\]](#) I can deffinatley vouch for this method! The diet and the tips are very clear in such a format that you actually want to read all of it! I will be deffinatley using some of the tips in this method as I am looking to lose 7 more pounds to hit my goal of 150. However my only concern if for the diet plan the meals get limited to only 3 meals per day, however I would deffinatley recommend this method to anyone looking to lose weight!

saliva - August 4, 2016, 11:29 am

Vouch for Uprising. His book is quality.

Vassilios - August 5, 2016, 1:17 am

(Aug 4, 2016 11:29 AM)Keplar Wrote: [\[CITE\]](#) Vouch for Uprising. His book is quality.

Thank you! Vouch copy is still available and still selling!

SupremeBot - August 5, 2016, 1:18 am

May I take the vouch copy? So far I've lost 23 pounds this summer so I'd give an honest review and will try the method.

Vassilios - August 5, 2016, 1:43 pm

(Aug 5, 2016 01:18 AM)GoodGuyChucky Wrote: [\[CITE\]](#) May I take the vouch copy? So far I've lost 23 pounds this summer so I'd give an honest review and will try the method.
Sent!

SupremeBot - August 5, 2016, 1:49 pm

I can deffinatley vouch for this method! The diet and the tips are very clear in such a format that you actually want to read all of it! I will be deffinatley using some of the tips in this method as I am looking to lose 7 more pounds to hit my goal of 150. However my only concern if for the diet plan the meals get limited to only 3 meals per day, however I would deffinatley recommend this method to anyone looking to lose weight!

Vassilios - August 5, 2016, 2:10 pm

(Aug 5, 2016 01:49 PM)GoodGuyChucky Wrote: [\[CITE\]](#) I can deffinatley vouch for this method! The diet and the tips are very clear in such a format that you actually want to read all of it! I will be deffinatley using some of the tips in this method as I am looking to lose 7 more pounds to hit my goal of 150. However my only concern if for the diet plan the meals get limited to only 3 meals per day, however I would deffinatley recommend this method to anyone looking to lose weight!
It has 5 but if you mean full meals then yes it only has 3 per day.

Vassilios - August 8, 2016, 1:54 am

I am still selling this! PM me if you are interested!

Vassilios - August 9, 2016, 3:59 am

I shared it here for free due to no sales... <https://hackforums.net/showthread.php?tid=5368759>