

A woman with long, straight dark hair is smiling and looking towards the camera. She is wearing a dark blue or black sleeveless top. The background is a white brick wall. To the right of the woman, there are two orchid plants in glass vases. One is a tall stem with several white flowers, and the other is a shorter stem with a cluster of purple flowers. There is also a small pink candle in a glass holder on a surface in front of the wall.

HOW TO LOSE WEIGHT TUTORIAL  
THE 3 STEPS: PART 2

VIDEO #2 OF 3

# Weight Loss Tutorial

**Mary Williams**



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