



Weight Loss: Get Rid of Fattening Habits and Dont Diet Anymorenymore (Paperback)

By Ashley Fitzgerald

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover the weight losing habits that can transform your life! Simple and Easy Ways to Reverse Bad Habits and Lose that Extra Weight! Behind every bad habit, there s a good habit just waiting to take over and improve your life! Small adjustments can have huge effects on your health, well-being, happiness and overall attitude. It only takes a little motivation, and real desire to change. Wanting to change is at the core of all successful improvements. You have to realize that things can be better and different and that the power is in your hands. When you really want to turn things around, that s when the magic happens. This book will help you get there. It is designed to motivate you, support you, inform you and help you stay patient so that you can finally make your weight loss dreams come true! Weight loss is not just diet. Nor is it simply about burning off calories. It is about the right integrative lifestyle that comprises both of these factors and more. Here is a preview of...



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