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If you want to lose weight and keep the weight off for good, you might want to consider a diet book. Of course, there are trendy apps, commercial weight loss programs, and online celebrity diets, but those can be expensive and hard to follow.

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Included in the book is a free weight loss plan complete with menus, food logs and a weight loss tracker. We worked to keep the cost low so everyone can afford it. Over 130 delicious recipes that make your taste buds think you're splurging, when in reality you're increasing your metabolism and losing weight.

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Top 10 Weight Loss Books 2019 Reviews Costs Features

The Truth About Abs is the fitness and weight loss book from Mike Geary, the founder of busymanfitness.com. The Truth About Abs is the most-read abs and weight-loss e-book in the world and provides dieters with a range of tips and tricks that are intended to improve abdominal muscles, diet and overall health.

<http://ebookslibrary.club/download/Top-10-Weight-Loss-Books-2019-Reviews--Costs-Features.pdf>

19 Best Diet Books to Read in 2019 Weight Loss Books

The book offers plenty of motivation to kick off a new style of eating that can seriously help you shed pounds. Let's face it: Heather Dubrow knows a thing or two about dieting, and her hubby Terry dedicates his life to making patients feel as confident as possible at his practice in Newport Beach, California.

<http://ebookslibrary.club/download/19-Best-Diet-Books-to-Read-in-2019-Weight-Loss-Books--.pdf>

Dietitian Picks 8 Favorite Diet Books

Eat more food and lose weight is the premise of this book. The authors explain the scientifically proven method of "energy density" and teach you how to bulk up meals with foods that fill you up

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How to Lose Weight Fast 3 Simple Steps Based on Science

Choose weight loss-friendly foods (see list). Certain foods are very useful for losing fat. Here is a list of the 20 most weight loss-friendly foods on earth.

<http://ebookslibrary.club/download/How-to-Lose-Weight-Fast--3-Simple-Steps--Based-on-Science.pdf>

Fort McMurray man writes book on losing 330 lbs after 2016

Tony Bussey has published a book on Amazon called Through Thick & Thin: How a wildfire was a wakeup call to transform my life, detailing his 330-pound weight loss that was inspired by the

<http://ebookslibrary.club/download/Fort-McMurray-man-writes-book-on-losing-330-lbs-after-2016--.pdf>

The Gabriel Method How to Lose Weight Without Dieting

THE GABRIEL METHOD. The Gabriel Method is an international best seller that s been translated in over 14 languages and is available in 60 countries.

<http://ebookslibrary.club/download/The-Gabriel-Method-How-to-Lose-Weight-Without-Dieting.pdf>

YOU The Dr Oz Show

For YOU: Losing Weight, they have compiled 99 of their best weight loss tips and tricks into a single weight loss guide. Get started with this excerpt which offers managable tips for healthy eating. Book excerpt is available on larger screen sizes

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The 4 Best Weight Loss Programs of 2019 Reviews com

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