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(Marquis Gusikowski)

TOP CHALLENGES IN WEIGHT LOSS



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. A Proven Method To Understanding The Challenges When It Comes To Weight Loss Today only, get this book for just \$9.99. The Top Challenges In Weight Loss goes over the main reasons why people just like you and I struggle with weight loss. It s not even about the food choices that we have available, but the way we choose to approach our commitments. What you will find in this book is a valuable and insightful interview with a person who is currently trying to lose weight. He talks in detail of what it takes to win in anything, especually if you want to keep the weight off. This book is for anyone who ever felt like their goals may be out of reach and they need some inspiration from a person that they can relate to. If you are looking for an easy and quick solution, you will not find it here. Deciding to lose weight and keeping it off is not a one-day destination. It takes courage, integrity, honesty and will power to change your habits. If you want an easy fix to your problem, this book may not be for you. Here Is A Preview Of What You Il Learn. How To Overcome Your Personal Challenges When It Comes To Overeating How Do You Know If You Have A Food Addiction What Daily Routine You Need To Develop Why Do People Struggle To Lose Weight Purchase your copy today! Check Out What Others Are Saying. This book saved my life. I can now get up without joint pain. Thank you Vivian Weissman! - Cecilia (New York, NY) Since I have been implementing these strategies to...



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