



Unlock the Secret to Weight Loss Victory! Stop Dumb Diets; Eat Food You Like!

By Lyle Gilbertson

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.As a businessman with a lot of problem solving experience, and a person with weight issues, Lyle was frustrated by the patchwork approach taken by diet plans, exercise plans and specialty approaches offered for weight loss. Everything seemed as if it were trying to simply fix only part of the problem, some with exercise, others with diet, and still others with claims of magic pills or food combinations; it seemed like an endless list of short-term fixes. Lyle knew that in business, problems must be fixed for the long-term, which meant determining why the problem existed, and customizing a solution for each individual situation. It s with this simple, and powerful, business principle that this book attacks the real long-term issue of weight loss. This book gives simple and achievable solutions that work. If you re really serious about achieving weight loss, you ll love this unique approach for weight loss success.



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III