



5 Steps to Manage Obesity: Are You Tired of Being Overweight?

By Anjali Arora

Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, 5 Steps to Manage Obesity: Are You Tired of Being Overweight?, Anjali Arora, Have you been thronging the so-called weight loss clinics that promise rapid weight loss? Have you tried everything, fad diets, weight control pills and exercise, to no avail? This book analyses obesity and its related problems. A wide variety of techniques to lose weight have been discussed. It also gives tips to maintain normal weight and discusses diet plans and various kinds of exercises to shape up your body.

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