



Eight Steps to Take Before Attempting to Lose Weight

By Ditanyan Sye

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ****** Print on Demand ******. Guarantee your own results! Discover your compelling reasons to lose weight! Learn how to remove barriers from your life! Have you lost weight only to turn around and gain it back? Have you attempted several diet plans with minimal or no success? Have you experienced difficulty sticking with anything long enough to get the desired weight loss results? If you answered yes to any of the above, you are not alone. There are many people experiencing similar challenges. A strong reason for the lack of success may have been because there was not a thoroughly planned approach before starting the weight loss plan. This book and supporting templates will help you become who you want to be.



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