



Simple, Inexpensive, and Painless Weight Loss: I Did It and You Can Do It! My Personal Weight Loss Story

By Mike Sasser

Dog Ear Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Want to lose weight but hate the thought of working out? If you re like most people, you re looking for an alternative to starvation diets, supplements, prescriptions, expensive prepackaged meal plans, and unused exercise equipment. Simple, Inexpensive, and Painless Weight Loss offers a fun, straightforward, and easy-to-follow plan that will help you reach your weight loss goals-and keep the weight off. And you ll save money in the process! Simple, Inexpensive, and Painless Weight Loss is truly about getting back to the basics. By using simple, easy-to-prepare foods that fit any budget-many prepared in fifteen minutes or less-you can lose weight and keep it off. No more counting calories, bland food, or workout DVDs. Stop starving yourself and spending all your time at the gym, only to have the weight creep back. Mike Sasser lost weight and kept it off using this deceptively simple system, and his personal weight loss story can be your personal weight loss story too! About the Author Mike Sasser struggled with his weight for most of his life, until he...



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