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WAVE YOUR FAT GOODBYE: THE ULTIMATE WEIGHT LOSS HANDBOOK

Robert & Lori Evans



Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you ready to get off of the diet roller coaster and clear out your closet full of exercise gimmicks? Wave Your Fat Goodbye - The Ultimate Weight Loss Handbook is your secret recipe for making lifestyle changes that will last. Obesity is the fastest growing and one of the most dangerous epidemics in America. This book will...

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- Authored by Senior Lecturer in New Testament Robert Evans, Lori Evans
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