



## Escape Your Weight: How to Win at Weight Loss

By Edward J Jackowski

St. Martin s Griffin, United States, 2005. Paperback. Book Condition: New. Reprint. 226 x 178 mm. Language: English . Brand New Book. The Escape Your Weight Quiz---which of these statements best describes you? 1. I m willing to watch what I eat very carefully, but I exercise as little as possible. 2. I m willing to make moderate changes to my diet and exercise 3 to 5 days a week. 3. I m willing to exercise almost every day, but I will only change my eating slightly. Depending on your answer, Edward Jackowski has a simple and guaranteed weight-loss and fitness plan designed just for you. Let one of the top fitness experts in the country help you get in to better shape than you ever dreamed possible. Then get ready to Escape Your Weight!.



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