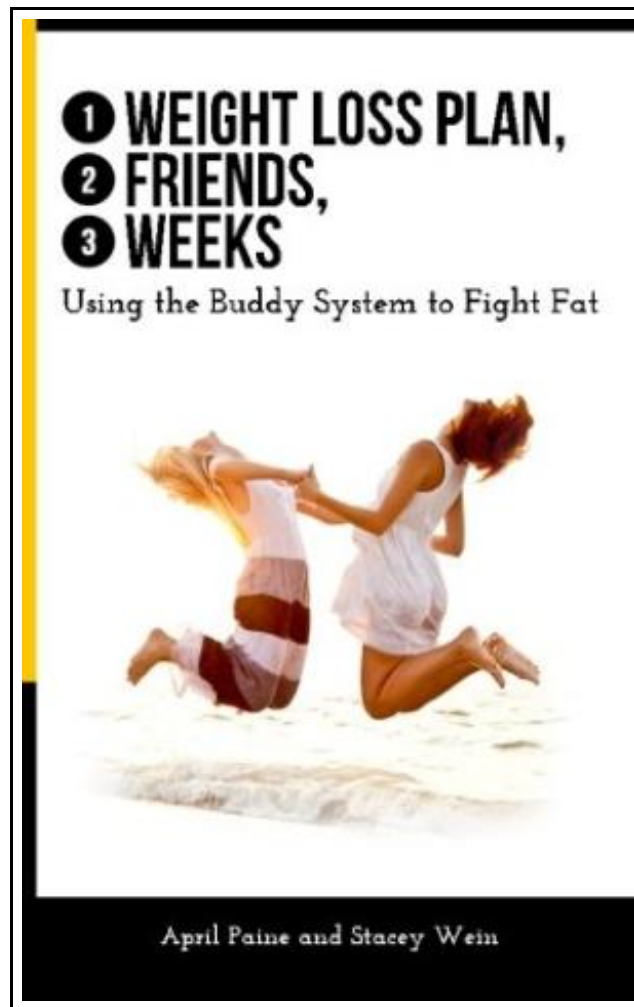


1 Weight Loss Plan, 2 Friends, 3 Weeks: Using the Buddy System to Fight Fat



Filesize: 1.33 MB

Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Ally Reichel)

1 WEIGHT LOSS PLAN, 2 FRIENDS, 3 WEEKS: USING THE BUDDY SYSTEM TO FIGHT FAT



Createspace, United States, 2013. Paperback. Book Condition: New. 200 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.Tight Friends = Loose Pants! Use friendship and accountability to help you reach your weight loss goals and share laughs, tears and lots of fun along the way! The authors were BFFs caught in the endless cycle of yo-yo dieting, having already employed every weight loss tactic on the market. Forget the dress size, they just wondered what it would be like to fully participate in conversations over dinner without being wholly distracted by the bread basket! Taking a tip from countless magazines and books (Work out with a friend.), a new plan was formed and pact was forged based on one simple tool: friendship. The weight came off -- lots of weight. But even more importantly, the accountability between friends meant taking care of their bodies and their psyches. 1 Weight Loss Plan, 2 Friends, 3 Weeks: Using the Buddy System to Fight Fat is a real-life account of two women and their weight loss journey. The book is not just a guide to how you can live a healthy lifestyle. For that you can choose among the countless weight loss books that are likely collecting dust on your bedside table. It is an invitation to join them, learn from their many mistakes, and to know you are not alone on your own journey. So grab a friend and start today!.



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