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# HOW TO THINK YOUR WAY TO THIN: THE LIES WE TELL OURSELVES ABOUT WEIGHT LOSS



Createspace, United States, 2013. Paperback. Book Condition: New. Sallie L Kintigh (illustrator). 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Why would you ever want to go on a diet to loose weight? Who in the heck has time to exercise 7 days a week or 3 days for that fact to lose weight? If you want to lose weight and you are tired of the fad diets, diets in themselves or exercising to...

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- Authored by Rrobert D Kintigh, Robert D Kintigh
- Released at 2013



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