



How to Lose Weight Fast: How to Lose 2 Pounds a Week for as Long as You Want

By Robert E Palma Jr

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.This book, How To Lose Weight Fast, is a concise description of the simple principles involved in losing body weight. It covers the essentials of: 1] mind set, 2] what to eat, 3] when to eat, 4] how much to eat, 5] exercising, and the all-important 6] Magic Formula. This book is very easy to read and has several tables of foods-and-their-calories and fat-burning activities. It is small enough to fit into a vest pocket or a purse. It is definitely a take-it-with-you-everyday sort of book. Losing weight does not have to be difficult and certainly is not impossible. This book proves that !.



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