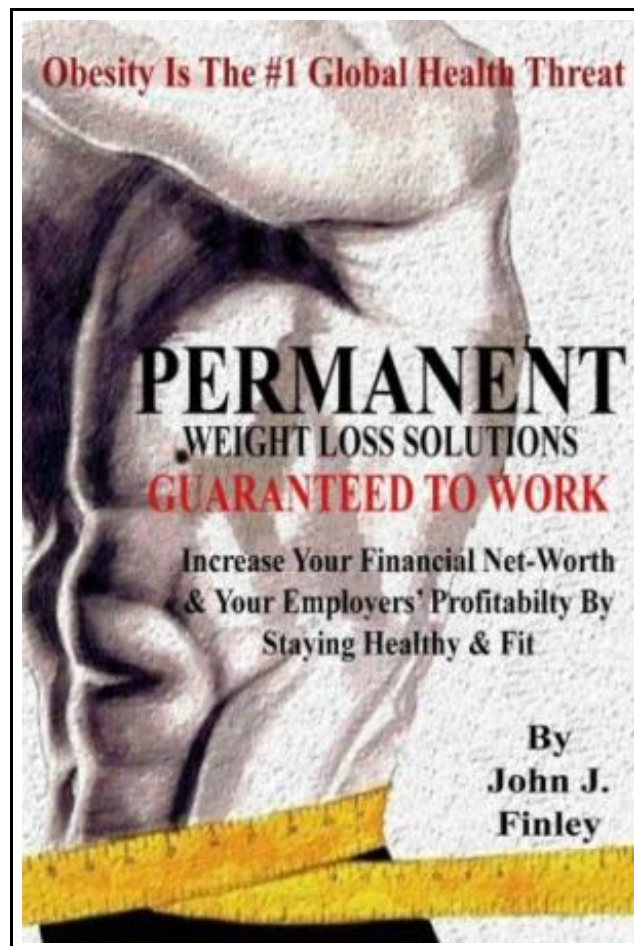


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PERMANENT WEIGHT LOSS SOLUTIONS: INCREASE YOUR NET-WORTH AND EMPLOYERS PROFITABILITY BY STAYING HEALTHY AND FIT

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Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Over 30 years in the making Guaranteed to Work The Only Solutions Permanent Weight Loss solutions I lost over 50 pounds nearly 30 years ago and never gained it back! From a military Diet Private to Weight Loss expert without dieting, diet pills, diet meals or medical intervention. While training in boot camp I was told by my Sr. Drill Instructor I was too fat to graduate with my platoon. Since spending more time in boot camp was not appealing to me, I agreed to become a military diet private and the rest is history. I lost the weight permanently, graduated with my platoon, and I've been able to manage the same weight for almost 30 years. Discover in my book how you can incorporate the same behavior modification techniques I used to overcome excess weight. According to government statistics and plainly visible evidence, 97 of all dieters fail and most gain back the weight they lost plus a few extra pounds within 5 years. In other words, only 3 of dieters experience successful weight loss. What's more frightening is one of the best predictors of being overweight is having previously lost weight on a diet. If diets were truly effective there would be a lot more skinny people walking around today. Did you know Obesity and not global warming is the greatest threat to human health in the 21st century? Experts predict by the year 2017, obesity will be the number one preventable cause of death. They also warn this could be the first generation in human history in which parents out-live their children due to medical complications directly associated with obesity. Learn how to...



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