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Weight Loss Journal: Weight Loss: 21 Simple Habits to Lose Weight, Feel Great and Enjoy a Healthy Life

By Senior Scholar Department of Environment and Geography
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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm.

Language: English . Brand New Book ***** Print on Demand *****.Are you over Weight? In this weight loss book you will find 21 very simple and easy Habits which you can follow easily for every day to lose your weight without any suffer. Pay attention to the action plan section following each habit, these action will give you the ideal way to weight loss in such an easy way. Life style is not a fad diet. Understand psychology and learn why being overweight is not your fault, learn also how to follow the perfect diet plan to lose weight and get your body in shape Losing Weight is just as easy as ever if you are willing to change some of your daily habits, so it is your decision In this book we will find out how to get better life by just following 21 SIMPLE HABITS.



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