

Ten Commitments to Be Forever Fit

**Machiel
Kennedy, M.D.**

Author of - *Living Lean: Your Guide to Successful Weight Loss*

Ten Commitments to be Forever Fit

"Finally! Here is an easy-to-use book on how to change your lifestyle and lose weight. Dr. Kennedy has managed to make weight loss painless, simple, and understandable. I highly recommend this book to those desiring a simple strategy for losing weight in a format that is compact, fun yet scientifically sound."
—Linda O. Riddle, MD, MPH, MBA
Immediate Past Chairman, American Board of Bariatric Medicine



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