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THE 21-DAY WEIGHT LOSS CHALLENGE: A DEEP AND NO BS STEP-BY-STEP APPROACH TO TRANSFORMING YOUR LIFESTYLE AND GET YOU HEALTHY, HAPPY IN SHAPE (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. The 21-Day Weight Loss Challenge, the seventh book in the 21-Day Challenge series! Are you tired of starting a new diet and then disappointing yourself every time? Do you feel that no matter how motivated you are, you will always fall back into the trap of out of control eating? If you re overweight now, own it. You have...

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- Authored by 21 Day Challenges
- Released at 2015



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Reviews

I just started off looking over this ebook. It is actually loaded with wisdom and knowledge Its been developed in an remarkably simple way in fact it is simply after i finished reading through this book where basically modified me, modify the way i believe.

-- Josie Koch IV

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-- Yoshiko Okuneva

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