



## No Nonsense Weight Loss Guide: Weight Loss Tips Healthy Diets and Exercises Shedding the Excess Pounds Lose Weight Fast Shopping Tips Counting Calories Including Recipes

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By Richard K Mai

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you carrying a little extra weight around the middle? Maybe you've got more than just a little weight problem, maybe it's a rather large one and you need to get rid of the fat for health reasons. Rest assured that you're not alone! Obesity in America is at an all-time high. One out of every three Americans is obese, a number that has doubled in just ten years. This epidemic is growing out of control in other countries as well as fast food franchises open in China, Japan, Germany, and other industrialised nations. When you are overweight, it's a serious issue. Carrying extra weight can make you more susceptible to heart problems, diabetes, stroke, and various types of cancer. It can also affect your body image as well thus causing problems with your self-esteem. You deserve to be healthier and take off some of that weight that is making you unhealthy. But what if you're like me and love food so you hate the idea of having to eat rice cakes...



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