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Obesity Stories: Weight Loss for Women That Works Fast (Paperback)

By Elizabeth May

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****. Obesity remains the major source of disease and early death among women, The difficulty in losing weight is often not a lack of understanding what you need to do but more frequently a lack of motivation. We all know that eating right and exercise are key to losing weight but of equal importance is having a strong enough motivation to get you to stick with doing the necessary things. Seventeen [17] Real live women [with before and after pictures] who fought obesity and won the battle of Weight Loss were presented here with their real live experiences and what they did to lose weight and overcome obesity. You can learn how to lose weight fast from their experiences; Watch out their Weight Loss Stories. Obesity Stories: Weight Loss for women that works fast Weight loss is a three-part process: Exercising and cutting calories are vital, but your mental outlook can mean the difference between success and failure. Get Inspired to Get Fit! These healthy weight loss success stories (complete with before and after photos) will motivate you to eat...



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