



## Wave Your Fat Goodbye: The Ultimate Weight Loss Handbook

By Senior Lecturer in New Testament Robert Evans, Lori Evans

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you ready to get off of the diet roller coaster and clear out your closet full of exercise gimmicks? Wave Your Fat Goodbye - The Ultimate Weight Loss Handbook is your secret recipe for making lifestyle changes that will last. Obesity is the fastest growing and one of the most dangerous epidemics in America. This book will put the power and knowledge in your hands to overcome the pitfalls and challenges that continually trap you on your weight loss journey. This simple and effective plan will teach you how to take command over your fork in the mouth compulsions. You ll learn how to make healthy decisions and easily control your portion sizes without starving yourself. So get ready to celebrate a new start by living the healthier life that God has planned for you and send your fat packing today!.



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