



Living the Thin Life: Creative Ways to Maintain Your Weight for Life

By Elle Meyer

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 220 pages. Dimensions: 7.8in. x 5.1in. x 1.0in. Live the Thin Life! Tired of hearing the same old weight management advice from diet and fitness experts Ready to get creative Find ways to maintain a healthy weight that will actually work. My how-to health and fitness book offers practical suggestions for people just like you! Find Inside: Weight loss motivation tips Healthy eating suggestions How to identify your own eating personality Exercise tips Detailed guides to customize your plan Quizzes Real success stories 50 healthy recipes You Can Do It! Its possible to stay thin past 30 40 50. Im doing it. You can too! This book is perfect for anyone wanting to find a style of dieting that suits their personal needs. - Rita R. , Rita Reviews This is a great reference book to help keep you motivated in losing weight and maintaining the weight loss. - Cristi K. , The Kings Court IV I loved finding out my eating personality. . . . apparently I am a lion. . . roaaar! Which means I need a high protein low carb diet plan. Which one are you - Carol P. ,...



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