



Weight Loss After 50: Essential, Practical and Simple Guide to Craft a Sexier You After 50 (Paperback)

By Cheryl Hawt

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you struggle to lose weight after the age of 50? Does it make you feel self-conscious, unconfident and unfit? Or do you just want to be fit and sexy past the age of 50 and shine out with radiance amongst the crowd? Then, Weight Loss After 50 is the book for you. Weight Loss After 50 has the insightful and proven tips that is guaranteed to help you lose weight after the age of 50. Unlike other books that just bombard you with workout programs and crazy diets, Weight Loss After 50 provides you with extremely simple and practical tips that you can apply starting from today. These tips works because it is only making effortless changes into your life. By losing weight after the age of 50, you will be living more vibrantly, feeling better about yourself and feeling lighter than ever! By cutting down these extra pounds, you will not only lessen your chances of getting diseases, you will also feel younger and more confident about yourself. Inside, you will discover: The...



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