



Weight Loss: Learn How to Lose Weight - The Ultimate Guide to Lose Weight in No Time (Paperback)

By Emma Williams

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Weight Loss Are You Ready To Learn How to Lose Weight? Welcome and have fun with Weight Loss Today only, get this Book for just \$6.99. Regularly priced at \$10.99. Read on your PC, Mac, smart phone, tablet or Kindle device. This book contains proven steps and strategies on how to slim down and lose unwanted weight while still eating what you love. Do you struggle with your weight? Have all diets and exercise regimes let you down? Are you without hope that you will ever be able to slim down? Rest assured that you are not the only one, my friend. Weight loss is such a tricky and polarizing subject because everyone has an opinion and a different experience with it. Some are unhappy never to have found a way to fend off the extra pounds while others swear that they stumbled across the magic formula. However, this magic formula more often than not involves starving, or a severely restricted menu and hours spent at the gym. But we don't all have the luxury of toning our...



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Reviews

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