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Get the Real Skinny on Healthy Weight Loss: Commit to a Lifestyle Modification and Get Results

By Randa Lee Roberts

Randa Williamson-Maloy. Paperback. Condition: New. 234 pages. Dimensions: 10.0in. x 8.0in. x 0.5in. Make a lifestyle change that will transform your health! Have you tried diets, exercise programs, and other self-help books only to find you have the same results as you started? Get the Real Skinny on Healthy Weight Loss is the guide you have been searching for to long-term sustainable lifestyle changes! With all of the books about dieting that are found on the market and online these days, you might be asking yourself, Why do I need more diet information? Well, the truth is, you probably don't, but how do you really know? I suppose you could ask yourself a few questions to help determine whether another guide is needed. Do you answer no to any of the following questions? Have I been successful at losing weight? Has my weight loss been more than just water weight? Am I starving myself or going without items that I enjoy? Am I taking supplements or harmful weight loss stimulants to lose the weight? Have I been successful at keeping the weight off for more than one month? Three Months? Six Months? One year? Am I within the healthy weight limits...



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