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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.The reason why you have not been able to lose weight fast and how that can change now - Dr. Elizabeth White, author, Weight Loss for Obese women (a motivational approach). Many obese women are desperate to overcome obesity and achieve weight loss. Unfortunately, there has not been any book (until now) to actually tell them the pros and cons of all weight loss strategies (such as weight loss diets, weight loss pills, weight loss exercises) and how to know and choose what works for every individual since every person is genetically unique and therefore responds differently to each weight loss approach or strategy. This is where this book comes into play The truth is, if you do not discover what works best for you as an individual person and follow it, you might achieve weight loss in the long run but not as fast and with less work and effort as it should have been. For this reason, Dr. Jason Noakes has established in this book; the different BEST options available to lose weight, how to find out what works best for you as a unique individual person, and the road towards achieving a lasting and fast weight loss. In this book, you could get help on the following subject matters: sustainable weight loss how to lose weight fast weight loss for women weight loss motivation weight loss diet low carb diet how to reduce weight weight loss programs diet plans weight loss tips weight loss exercise how to lose belly fat fast weight loss best way to lose weight Other Related Titles are: The Keto Diet The Whole30 Cookbook How Not to Die The Whole30 Forks Over Knives...



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