



Goodbye, Fatty! Hello, Skinny! How I Lost Weight And Still Ate The Foods I Loved-Without Dieting (Paperback)

By Kim Rinehart

Artrum Media, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Is this you? You go on a diet, you lose a little weight, you stop dieting, you gain back more weight? Do you go through an endless cycle of counting calories and watching everything you put into your mouth but nothing ever seems to work? Author, Kim Rinehart, was like this, too. After being stymied by diets that required special foods or special preparation, she finally found a way that was easy and relatively painless. One that allowed her to eat what she wanted and still lose weight. What s even better is that she could eat cheeseburgers and french fries or whatever else she liked while doing it. It s also so easy that anyone can do it. Sound too good to be true? It s not. Kim Rinehart s memoir of weight loss, Goodbye, Fatty! Hello, Skinny! How I Lost Weight And Still Ate The Foods I Loved-Without Dieting will show how you to lose weight by simply rearranging your eating habits. This is not your ordinary weight loss book. This one actually works.



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