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LOVE MORE, BINGE LESS AND STAY FIT: PERMANENT WEIGHT LOSS, USING YOUR MIND INSTEAD OF BEATING UP ON YOUR BODY



AUTHORHOUSE, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Love More, Binge Less, and Stay Fit breaks new ground with its cutting-edge approach to permanent weight loss. For the first time, overcoming years of constant weight struggle is defined by more than nutrition and exercise. We all want to know how to escape from ongoing weight fluctuations, food guilt, dieting misery, and body image insecurity. We also want to know how...

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- Authored by Annie Stern Bs Nc
- Released at 2014



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