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## Goodbye Obesity: Kiss Obesity Goodbye and Say Hello to Holistic Wellness (Paperback)

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By Jean D Francois MD

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.By now, most of us are aware of the alarming data regarding the percentage of the population that is overweight or obese. This is the reason why most people are paying attention to their weight and want to identify ways to reduce its prevalence. Even the most skeptical people want to switch gears and focus on ways to stay fit and enjoy life. Unfortunately, the ultimate goal may be obvious, but the road leading to it is often murky. We are bombarded with so much information; we are being pulled in so many different directions, that at times we feel trapped in a maze. This is why I decided to write this book Goodbye Obesity. The goals of Goodbye Obesity aim at providing the following: A)The various causes for overweight and obesity, and why they have reached such a proportion B)Simple down to earth steps to address them individually and collectively. C)Tools for each reader to determine where he or she stands D)Ways and means to overcome the plateau E)Ways to keep the weight off and stay healthy and fit. Overall, weight...



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