



No More Excuses!: Take the Next Step Towards Healthy Living (Paperback)

By Deitra M Davis

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Need more weight loss motivation? Just can t seem to get going? This book is about the many excuses that we sometimes give to avoid exercising and starting on our way towards a healthier lifestyle, ways to get around them, and get moving on your journey. Healthy living is something we all should keep at the forefront of our minds. Fitness, and eating a healthier diet, both play a vital role in weight loss for women,as well as for men. They are both major components that make up our overall personal health. Inside you also will find several helpful tips and suggestions to help you start in creating a new you. I ts filled with weight loss motivation just for you. This book is also a continuation of Volume 1. No More Excuses.



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Reviews

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