



Over One Hundred Tips and Ways to Lose Weight: Over One Hundred Tips and Ways to Lose Weight in Eleven Chapters with Details on Ten of the Best Foods, Herbs, Drinks, Websites, Diets,

By Mrs Barbara L McLulich

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Over One Hundred Tips and Ways to Lose Weight the Easy way with this book. Ten of the best Everyday Foods , Herbs and supplements , Drinks , Websites , Apps , Activities and other ways to help your lose weight. You ll never feel hungry, and can enjoy some of your favourite foods, and can still lose weight with these simple tips.



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