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Lose Weight: Discover the Beginners Guide to Learning How You Can Lose Weight and Burn Fat Easily (Paperback)

By Jeffery Singh

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Most of us have wanted to lose weight at one time or another. It is difficult to consider our lives without the constant goal of losing a few pounds or looking a little better in this way or that. We have many different ideals for ourselves, and even if we are at our ideal weight, there are other ways that we would like to begin to tone our bodies and become closer to the image we envision for ourselves. Many people have a difficult time becoming comfortable with a routine that works for them, and this book is here to help! What holds us back from losing weight? There are so many things, and only by addressing them will we be able to fully embrace the people we want to become and bridge the gap between us now and who we will become in the future. We have to know it is possible, believe it, and see the steps clearly so that we can take them and get the results we desire. Who doesn't want to look a little better, be...



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