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Timer Diet (Paperback)

By Sherri Sue Fisher

Archway Publishing, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you ever wondered if there were secrets to losing weight? Learn how to eat what you want and have it be what you need! Learn how to lose weight and enjoy your life!! Keep the weight off with simple guidelines you can follow forever!! From the author: I know what it takes to not only lose the weight--I know what it takes to keep the weight off! And isn't that what it's all about? Surely you know someone who has worked hard to lose weight only to gain some or all of it back. How and why does this happen? We will go over this and more! We can create our own future and not be defined by our past. I hope you take this journey to become the best you, you always knew was possible. As always, enjoy the journey! Sherri Sue Fisher Diet books can be preachy and discouraging in pushing grueling rules Timer Diet instead offers simpler ideas for dropping pounds by learning to listen to your body to determine what...



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