



## 10 Proven Secrets to Permanent Weight Loss: You Can Be Happy and Feel Great While Losing Weight - It's Easier Than You Think! (Paperback)

By Elle Garner

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. THE LAST WEIGHT LOSS BOOK YOU'LL EVER NEED! If you need to lose weight in a safe, effective, and permanent way, this is the book for you! Unlike many fad diet programs that starve you in order to lose weight, Choose Thin uses a proven approach that works with what you are already eating! I have worked in the fitness and wellness industry for more than twenty years. Garner then gives wonderfully simple yet effective action steps. They are so easy, you owe it to yourself to try it for 30 days. I especially love her 10 Proven Secrets. I am going to send copies of this book to my clients! Kim Nishida Do you want to lose weight and keep it off for good? This book is based on the 10 PROVEN Secrets to Permanent Weight Loss. The author used these specific 10 Proven Secrets to lose 40 pounds - and then kept it off for good (more than 20 years!), and she shows you how. The good news is that YOU can do this, too. End...

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