



Guerilla Weight Loss

By Hellen Davis

Indaba Press, United States, 2002. Paperback. Book Condition: New. 215 x 141 mm. Language: English . Brand New Book ***** Print on Demand *****.Most weight loss books are either boring or full of pages telling us WHAT to do to lose weight but not HOW to actually do it ! This novel is packed with wonderfully well written stories that explain the why s and the How to s of weight loss. The book moves quickly with its realistic, motivating, and easy to relate to characters- it s a great beach read ! To accomplish your Guerilla Weight loss mission, you must understand how to use the ten psychological keys in this book to win you personal weight loss war. In this book Diane abd ger friends will show you how to wage war with your unwanted pounds and concquer your enemy ! So why not try to lose weight the easy way ? Enlist your mind. The mind and body are totally linked. One affects the other in extraordinary ways. Control you rmind and your body will follow you rminds weight loss commandments. This is the essence of the Guerilla Weight Loss battle plan. Start reading today to gain...

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