



## I m Going to Lose Weight: Handbook (Paperback)

By Nicole Eshun

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.I m Going To Lose Weight is an essential aid to eating well, Counting Calories and losing weight. This fantastic book is full of advice to demystify calories and help you make those healthy choices. If you ever wanted to know how to maintain your figure or lose weight the healthy way, this great new book is packed with tips to do just that. Includes: - How to eat a healthy diet - Tips for losing weight - A fitness game.



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