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THE WEIGHT LOSS COACH: SIMPLE SOLUTIONS TO LASTING WEIGHT LOSS (PAPERBACK)

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Nutritional Life Coach Expert Benjamin Bonetti questions fad diets while exploring the reasons why people gain weight and constantly fail at dieting. Benjamin s renowned for his hard-hitting and direct approach to therapy and holistic health. Live better, never having to diet again. In this, Benjamin breaks down the main reasons why people gain weight, and offers practical and manageable solutions to get...

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- Authored by Benjamin P Bonetti
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