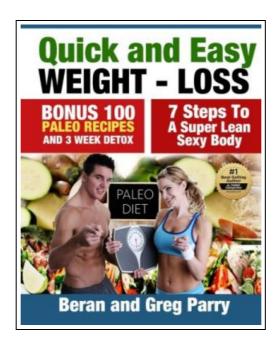
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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand ******. Have you ever struggled to control your weight? Have you ever dreamed of an easier and truly effective way to master all your weight issues once and for all? Is it really possible to burn off all your unwanted pounds and discover the thrill of a slimmer, fitter and healthier new you? The answers to these questions are waiting to be discovered and put directly into practice in the Quick and Easy Weight Loss Book, your personal guide to lasting success in mastering your weight. So what s the secret of this ground-breaking approach to taking total control of your weight? The answer can be found in the decades of rigorous medical and scientific research that have finally revealed the real nature of how we react to a whole range of food groups. And the results might seriously surprise you. The fact is that many foods interfere with our natural metabolism and encourage our bodies to store fat. Take a look around you. We re experiencing an epidemic in obesity right across the developed world and this can largely be attributed to the way our bodies react to poor food choice. But that can change. Fast. And the results can be truly astonishing. Rather than focus on fad diets and quick fixes that never last, the Quick and Easy Weight Loss book uncovers the secrets of superbly effective eating, a new approach to fuelling your body that will switch on your fat-burning metabolism and give you more energy than you ever thought possible. The book explores: The underlying causes of obesity -Exactly why we store that stubborn fat around our bellies -Why it's entirely natural for humans to be leaner than...



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