



## Ladies Weight Loss Programme (Paperback)

By Parvesh Handa

Pustak Mahal, India, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Every woman longs for a beautiful hourglass-like figure. The sight of well-shaped models cat-walking on the ramp allures them. They want to be like them. For this, they go for heavy workouts, crash diets, aerobics, which sometimes click and very often dont. Ladies Weight Loss Programme aims at understanding a womans body and covers 12 weight loss programmes. It provides a comprehensive account on topics ranging from routine slimming for beginners, ways to fight obesity and cellulite, and diet plans to reduce weight to yoga and massage therapies and measures to shed that flab post pregnancy. It will help you understand the needs and requirements of your body and adopt a suitable simple weight loss programme for yourself. So ladies, no more fretting and fuming over those extra pounds! The perfect figure that you always longed for is just a few pages away.



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