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Lose Weight Now!: An Effective and Balanced Weight Loss Program

By Antonio Macerata

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.LOSE WEIGHT NOW! Simple. Balanced. Healthy. In an age where becoming overweight has never been so easy, it's important to get back to the basics to lose weight and become healthy again. Losing weight is certainly not about trying another new diet program or buying another new exercising machine. Too many people go from diet to diet, just to find that their weight keeps going up. Too many people go from diet to diet just to see their self-confidence go lower and lower. This vicious circle has to stop. That's why I wrote this book. Many diet programs are expensive. They are complicated and difficult to follow. In some cases they can even be harmful for your health. And certainly your body does not like the swings in weight that just increase stress to your heart and vital organs. LOSE WEIGHT NOW! is about getting back to the basics of losing weight and getting back to what really works in real life. It's about losing fat now and over the long haul. It's about...



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