

Mind Power for Weight Loss: A Very Effective Way to Lose Excess Weight Permanently While Restoring Your Body to Optimum Health (Paperback)



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(Hailee Armstrong I)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Mind Power For Weight Loss Finally revealed the revolutionary miraculous weight loss secrets! Discover how to command those unwanted pounds to take a hike, so that you can get into shape lose weight easily just like you dream of in just a matter of weeks! You're about to discover the insider's fat burning diet tips to easily shed off those extra pounds and obtain a lovable shape in no time flat! Are you having trouble trying to reach a more healthy body weight? Do you have difficulty when tying your own shoes because of that bulging belly? If you've tried to lose weight in the past and failed, you're not alone! Millions of people try to take control of their weight problems by themselves but they just don't have the knowledge required to make the best decisions. Weight gain is a serious issue, no matter what your stage in life. It is a major health concern and can serve to shorten your life if it is not being taken care in full. Certainly, there are a large number of diet plans on the market today. Each has its strengths and weaknesses, its assets and liabilities. I know for a fact that you want to do something about it, right? But how do you know which one is right for you? Well, back when I was overweight not a day went by when I didn't look in the mirror and wish that I could change the way I looked. Not just because I felt that I wasn't attractive, though I would be lying if I said that didn't...

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