



60+ Practical Tips and Habits to Lose Weight, Burn Fat, and Feel Great! (Paperback)

By Sara Banks

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. LOSE WEIGHT AND FEEL GREAT WITH THESE PRACTICAL TIPS AND HABITS THAT ANYONE CAN USE! INSIDE THIS BOOK 60+ Practical Tips And Habits To Lose Weight, Burn Fat, And Feel Great! you will get my practical guidance and knowledge that has helped countless others lose weight and feel great. Weight loss tips and ideas in easy and simple to understand terminology. If you are tired of all the complex diets and weight loss advice being thrown around then step inside to get practical advice that actually works. EXAMPLES OF TIPS INSIDE THIS BOOK: *Learning how to portion your food *Learn what color plates are best to eat from *How to set goals to achieve weight loss YOU WILL LEARN THE FOLLOWING INSIDE THIS BOOK: THE SCIENCE BEHIND WEIGHT LOSS HOW TO START A DIET WHAT TO EAT HOW TO EAT WHAT TO DRINK USING PHYSICAL ACTIVITY TO LOSE WEIGHT MONITORING YOUR PROGRESS DEALING WITH EMOTIONAL ISSUES DOWNLOAD NOW!.



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