

## 5 Things to Know for Successful and Lasting Weight Loss Good Things to Know



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**(Malcolm Block)**

## 5 THINGS TO KNOW FOR SUCCESSFUL AND LASTING WEIGHT LOSS GOOD THINGS TO KNOW



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Turner. Paperback. Condition: New. 121 pages. Dimensions: 6.4in. x 5.5in. x 0.6in. Unlike other diet and fitness books that try to apply a one-size-fits-all approach or peddle the latest weight loss secret, **5 Things to Know for Successful and Lasting Weight Loss** is not a how-to book that prescribes a specific diet and exercise regimen. Rather, it teaches readers how to apply powerful techniques to achieve successful and lasting weight loss. These 5 Things will help you to: Change your weight-loss desires into goals Get motivated during the weak times and plateaus Create easy, delicious recipes to adopt healthier eating habits Stay motivated when facing other difficult journeys This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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