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Diet 2 Success

By Frances Cowie

D2S Media. Paperback. Book Condition: New. Paperback. 146 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Are Complicated Diet Plans Sabotaging Your Weight Loss Efforts Diet 2 Success is an honest, down to earth book offering straightforward weight loss help including practical daily food lists, basic menu plans, and recipes that use everyday ingredients. The suggested food choices are sourced from all food groups, and the information is presented in a relaxed style. The Diet 2 Success goal is sustainable, permanent weight loss spread over a realistic period of time with no attached deprivation, pressure, or guilt often associated with other slimming diets. The book is full of supportive information on nutritional health contained within 145 pages, making it a quick read for those of you who are eager to get on with the job at hand which is ultimately to control your weight loss management. For Frances, writing Diet 2 Success was a natural extension to her weight loss and fitness achievements. She recommends giving yourself time to change your shape and the importance of maintaining your new slender, fit body once and for all. With Diet 2 Success you don't have to worry about what you should eat - its...


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Reviews

Absolutely essential study book. It is loaded with wisdom and knowledge I found out this ebook from my i and dad suggested this ebook to understand.
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