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HOW TO LOSE WEIGHT FAST: HOW TO LOSE 2 POUNDS A WEEK FOR AS LONG AS YOU WANT



Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.This book, How To Lose Weight Fast, is a concise description of the simple principles involved in losing body weight. It covers the essentials of: 1] mind set, 2] what to eat, 3] when to eat, 4] how much to eat, 5] exercising, and the all-important 6] Magic Formula. This book is very easy to read and has...

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- Authored by Robert E Palma Jr
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