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## Kick Start for Weight Loss: 3 Massive Mistakes Professional Women Make That Keep Them Overweight, Exhausted and Stuck on the Diet Treadmill (Paperback)

By Monique Bartlett

2 the Core Publications, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Kick Start for Weight Loss: 3 Massive Mistakes Professional Women Make That Keep Them Overweight, Exhausted and Stuck on the Diet Treadmill is a practically written book for professional women who are overweight, exhausted and stuck on the diet treadmill. It deals with every day struggles women face when they are trying to reach their ideal weight and teaches how to overcome them. Within the pages of this book you will learn: -The Fundamentals of Weight Loss -How To Set Achievable SMART Goals -Why Portion Size Does Matter - How To Lose Stubborn Belly Fat - The Effects of Hormones on Weight Loss -The Solution To Reach Your Ideal Weight If you re tired of spending 20 minutes in your closet every morning trying to find clothes that fit or just don t have the energy to make it through the day, then this book is for you. If you don t have enough time in the day and do not have the proper resources to achieve your goal, then this book is your answer. If you don t like what you...



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