



Top Challenges in Weight Loss (Paperback)

By Vivian Weissman

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A Proven Method To Understanding The Challenges When It Comes To Weight Loss Today only, get this book for just \$9.99. The Top Challenges In Weight Loss goes over the main reasons why people just like you and I struggle with weight loss. It s not even about the food choices that we have available, but the way we choose to approach our commitments. What you will find in this book is a valuable and insightful interview with a person who is currently trying to lose weight. He talks in detail of what it takes to win in anything, especuallly if you want to keep the weight off. This book is for anyone who ever felt like their goals may be out of reach and they need some inspiration from a person that they can relate to. If you are looking for an easy and quick solution, you will not find it here. Deciding to lose weight and keeping it off is not a one-day destination. It takes courage, integrity, honesty and will power to change your habits....



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