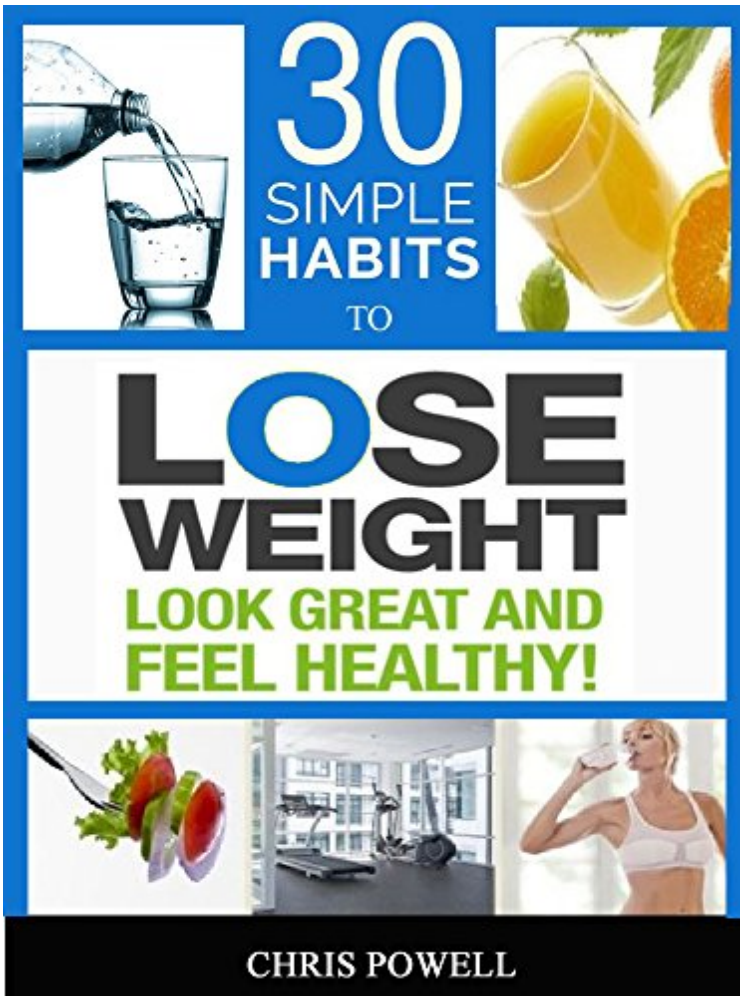


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Description :

Prsentation de l'diteurLosing weight should be a slow and steady process. If you have spent most of your life overweight, your body, and more importantly your mind need time to adjust. Most people will opt for a strict diet and a rigorous exercise routine, they will give 100% for the first few days and this will slowly decrease over time, and within a few weeks they will have returned to their old ways deflated and defeated. The good news is you dont have to be on a permanent diet or go to the gym for three hours every day to lose weight, just implementing these 30 habits will help you reach your weight loss goals, in your own time, at your own pace. The solution is to change your life one step at a time; this is the only way to guarantee permanent weight loss. I will give you 30 tips to lose weight, you can choose to incorporate one or all thirty tips into

your daily life, and the good news is its entirely up to you. The main benefit of this book is you can lose weight at your own pace; each individual tip will help you lose weight, of course the more you use, the more you lose! Extras At the end of this book I have included a nutritional guide to help you choose the right foods to attain a healthy life. As you can see this is more than just a simple weight loss guide, this is a complete guide to fat loss and healthy living. Presentation de l'diteur Losing weight should be a slow and steady process. If you have spent most of your life overweight, your body, and more importantly your mind need time to adjust. Most people will opt for a strict diet and a rigorous exercise routine, they will give 100% for the first few days and this will slowly decrease over time, and within a few weeks they will have returned to their old ways deflated and defeated. The good news is you dont have to be on a permanent diet or go to the gym for three hours every day to lose weight, just implementing these 30 habits will help you reach your weight loss goals, in your own time, at your own pace. The solution is to change your life one step at a time; this is the only way to guarantee permanent weight loss. I will give you 30 tips to lose weight, you can choose to incorporate one or all thirty tips into your daily life, and the good news is its entirely up to you. The main benefit of this book is you can lose weight at your own pace; each individual tip will help you lose weight, of course the more you use, the more you lose! Extras At the end of this book I have included a nutritional guide to help you choose the right foods to attain a healthy life. As you can see this is more than just a simple weight loss guide, this is a complete guide to fat loss and healthy living.