

My Weight Loss Guide (Paperback)



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Reviews

*Complete guide for ebook fans. Better then never, though i am quite late in start reading this one.
Your life span will likely be convert when you full reading this ebook.
(Dr. Teagan Beahan Sr.)*

MY WEIGHT LOSS GUIDE (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.The weight loss guide, is a journal, at least that's what it started out being. Where the procedure of how me (Renee Farmer), escape the wrath of obesity. I have written down the everything I had been consuming, the steps and preparation to get rid of the excess fat that had me uncomfortable in myself. This was to keep track of my daily progress. I started at 365lb now I'm an astonishing 152lb. (It's unbelievable I tell you). I even wrote down the exercises I used to help me along the way. Also a life style change was in progress from eating meat everyday to being a vegetarian. Along the way I wrote down my favorite exercises and even taken pictures to show you the way I accomplished. What I started out, seeking to be impossible. This journal will be good impression and a guide to a healthier possibly a longer life.



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