



Fit in the Middle: Your Belly May Be Telling You Something

By Gregg Ghelfi

Paperback. Book Condition: New. Paperback. 136 pages. When you look in the mirror do you see a heavy person with an oversized belly Learn how your weight may lead to heart disease, diabetes and even premature death in this simple but comprehensive story. Follow Steve, a 44 year old man, who learns he has medical issues and the excess weight in his stomach is a major contributor. Despite the news, he and his wife, Beth, decide to travel to Phoenix for his high school reunion. On the trip, through old friends and new acquaintances, they learn how his lifestyle choices are harming his health. They also discover simple changes that will help him lose weight and reduce or even eliminate his medical problems. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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-- Prof. Jeremie Kozey

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-- Braden Leannon

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