

My Weight Loss Guide (Paperback)



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Reviews

*I just started out reading this pdf. It is full of wisdom and knowledge You are going to like just how the blogger publish this publication.
(Lily Gorczany)*

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 thats 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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