



Method Weight Management 2: How Not to Be a Fat Cat (Paperback)

By Carrol Wolverton

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Tired of being overweight? Tired of the way you look in clothes? All your clothes look alike? This short book gives you personal solutions without diets, pills, or expensive programs. Is this possible? YES. Change is the solution, but you must be willing to make those changes. One at a time, work on changes in attitude, lifestyle, food choices, cook practices, exercise - all those not-so-good things that brought on your overweight condition. Think and solve your way to that new person. This short book includes possible changes, food ideas, recipes, and methods to weight management - permanent solutions. It can be done, and you can do it!



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