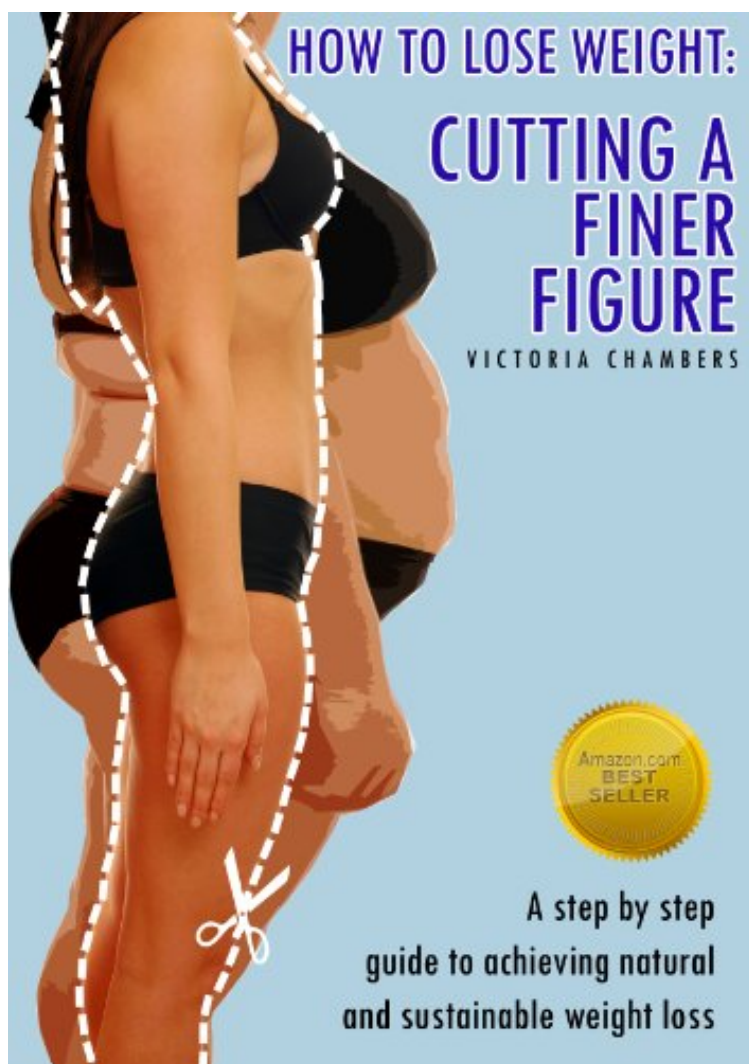


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# How to Lose Weight: Cutting a Finer Figure. A Step by step guide to achieving natural and sustainable weight loss. (English Edition)



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you make small, but important changes, that fit in with your daily routines. It gives you all the information  
and tools you need to put together a plan that works for you, and shows you 'How to Lose Weight' in your  
everyday life. It promotes natural, healthy and sustainable weight loss and will also have an positive impact

on your overall health and well being. This book will provide you with all the information you need to: \*Put together a plan that suits you\* Break your weight loss down into achievable and effective steps. \*Eat for natural weight loss and still enjoy the things you like.\* Stop the daily battle with cravings and constant hunger. \*Make your body work for you - burn calories while you sleep.\* Measure your success more effectively. \*Feel energised with an increased sense of wellbeing. The information inside this book comes from evidence based research and includes the following topics; \* Goal setting\* Moving away from diet mentality\* Good nutrition\* Physical activity\* How to make the plan work for you. If you do not feel confident enough in the beginning to put together your own plan, there is an example 12 week kick-start plan for you to follow. The best thing about this book, is that you are in charge, so give it a go and see what it can do for you.

Présentation de l'auteur \*\*\*\*\*AMAZON BEST SELLER!\*\*\*\*\*GET THE BODY YOU HAVE ALWAYS DREAMED OF! GET IT NOW AND THEN KEEP IT FOREVER!'How to Lose Weight: Cutting a Finer Figure' is a new approach to achieving safe and sustainable weight loss. It is not a diet, it is a guide to help you make small, but important changes, that fit in with your daily routines. It gives you all the information and tools you need to put together a plan that works for you, and shows you 'How to Lose Weight' in your everyday life. It promotes natural, healthy and sustainable weight loss and will also have a positive impact on your overall health and well being. This book will provide you with all the information you need to: \*Put together a plan that suits you\* Break your weight loss down into achievable and effective steps. \*Eat for natural weight loss and still enjoy the things you like.\* Stop the daily battle with cravings and constant hunger. \*Make your body work for you - burn calories while you sleep.\* Measure your success more effectively. \*Feel energised with an increased sense of wellbeing. The information inside this book comes from evidence based research and includes the following topics; \* Goal setting\* Moving away from diet mentality\* Good nutrition\* Physical activity\* How to make the plan work for you. If you do not feel confident enough in the beginning to put together your own plan, there is an example 12 week kick-start plan for you to follow. The best thing about this book, is that you are in charge, so give it a go and see what it can do for you.