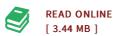




No Fricken Weigh: 21 days for the busy girl. to ditch the diet, crowd out the crap, and love yourself to health

By Tracee Gluhaich

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 172 pages. Dimensions: 8.0in. x 5.2in. x 0.4in.Finally a book without deprivation Not a quick fix, a permanent solution! If you ever. . . . -lost weight and gained it back -deprived yourself on a diet -eaten crappy food when you were not even hungry -let the scale control your mood for the day -wanted a permanent solution Then this book is for you! Learn how to: -engage in loving self care -eat clean foods that will provide massive energy -move your body in empowering ways - create a mindset of strength Simply crowd out the crap and love yourself to health! This item ships from La Vergne,TN. Paperback.



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