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My Weight Loss Journey: How I Lost 44 Pounds and Never Gained Them Back Using a Plant Based Diet. (Paperback)

By Andreas Michaelides

A.M.P., 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.People ask me how I lost my weight. I reply by telling them that is not the question you should ask me. Furthermore, that is not the question you should be asking yourself. The question you should ask yourself is: After I lose the weight, HOW I never gain it back? Losing weight is easy compared with the efforts you need to do so you will not get it back again. I advocate adopting a plant-based lifestyle. This is what worked for me and also what worked and still works for millions of people around the globe If you are reading this description, it means that you are genuinely seeking to improve your quality of life. I get you I was in your position back in 2013. Something inside you is telling you that you had enough. We only have one life, and you should never live it in discomfort and pain unable to enjoy your friends and family. My book was written having you in mind. It is a shortcut for a journey that you searched for your entire life. Allow my Weight loss...



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Reviews

Comprehensive guideline! Its this sort of good read. It is actually written in simple terms and never hard to understand. Its been developed in an exceedingly simple way which is just after i finished reading through this ebook where actually changed me, modify the way in my opinion.

-- **Mabelle Wuckert**

Very useful to any or all group of men and women. I am quite late in start reading this one, but better then never. You are going to like just how the blogger publish this book.

-- **Kristian Nader**