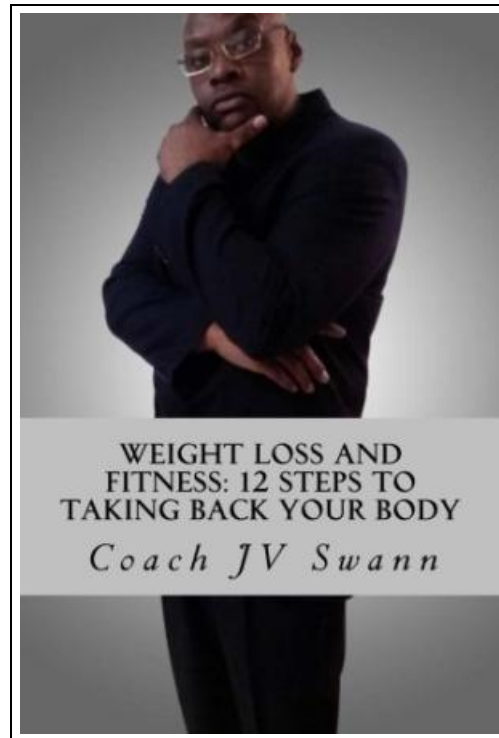


## Weight Loss and Fitness: 12 Steps to Taking Back Your Body



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*I actually started out reading this book. It can be packed with wisdom and knowledge I discovered this ebook from my dad and i suggested this book to understand.*

*(Prof. Barney Harris)*

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Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Weight loss and fitness is a common goal for many people. The reason most people struggle in this area is because they fail to embrace natural and scientific simplicity. No diet is ever going to truly result in you keeping weight off in the long run and completing lifetime fitness objectives. In order to do so, you will have to become somewhat educated and smarter with your personal choices. Within this book's pages you'll learn the Importance of: Eating Breakfast, Eating More Filling Foods, Planning Your Meals, Building Lean Muscles, Tracking Your Progress, Coping with Temptation, Dealing with Stress, Cardiovascular Exercise and So Much More! This book is written in a clear cut and to the point fashion in order to accommodate people of all ages, sizes, weights and fitness levels. It carries a tone of pure simplicity that might be deemed TOO SIMPLE. But, the reason most people struggle in this area of life is because they're not mindful of the simplicity of it all. Permanent weight loss and fitness requires a consistent lifestyle cycle of pursuing, maintaining and expanding upon your health and fitness goals. The twelve (12) powerful principles shared in this book can be incorporated into your daily life so that you can Take Back Your Body for good.



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