



50 Common Sense Tips on How to Lose Weight: Tips on Diet, Exercise, and Staying Motivated

Anthony Mack

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Easy to read quick book with 50 common sense tips that when implemented, will get rid of unwanted fat. You will probably say to yourself "Wow! Why didn't I think of that?". You've been on diets, exercised to lose weight, and probably listened to tapes for motivation, and although you've lost weight in the past, here you are searching again. But don't be discouraged, these 50 tips will help you focus on what's important for weight loss, and how to keep it off. Each chapter has a resource link to articles, studies, and blogs discussing each section in more detail. "What are you waiting for?" GET STARTED NOW, Download your copy today.

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