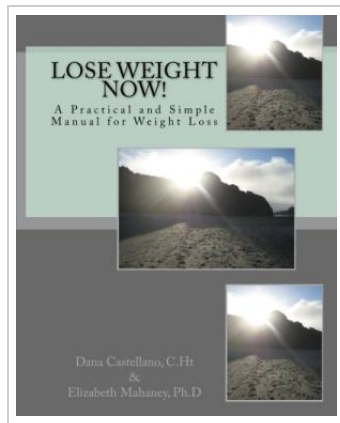




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Lose Weight Now!: A Practical and Simple Manual for Weight Loss (Paperback)

By Elizabeth Mahaney Ph D, Dana Castellano

Createspace, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Let's cut to the chase! This book is not about lectures. It is simply about finding out what will work for you to lose weight, and stay that way- healthy! Feel free to skip around this book or read and do the simple, easy-to-follow activities in order. It is up to you. The key is discovering what works. We offer many different types of therapeutic approaches to help with weight loss including dialectical behavior therapy, cognitive behavior therapy, and clinical hypnosis. Everyone knows that carrying excess weight doesn't make us feel good, if it were as simple as knowing this fact, I am sure you would not be reading this right now. With that said, we don't need to tell you how hard it can be to successfully lose weight and keep it off. Trying to lose weight can be frustrating and overwhelming. However, if you really want to you will. We would like to offer you genuine hope based on real results. Also, I want you to know that it is not too late to start today. Now...



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