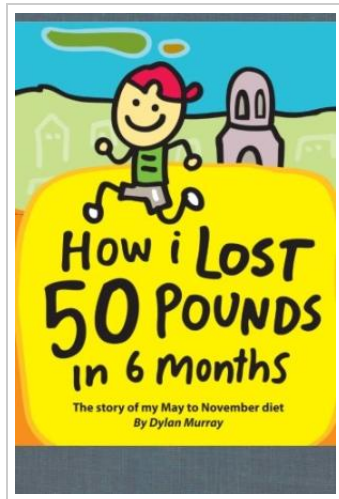




How I Lost 50 Pounds in 6 Months: The Story of My May-November Diet (Paperback)

By Dylan Murray

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Never been an athlete. Former cello nerd. Picked last in gym class. And at 41, I was 267 pounds. So instead of feeling helpless and confused, I turned to science. I put faith in the physical world, and used simple, free online tools to help me move my body and track my calories. And six months later, I've conquered the mystical world of weight loss. At 215 pounds, I feel like I have superpowers and I want to share them with you. Weight loss is not magic. Or pills. Or shakes. It's about shaking that booty and knowing what you eat. This is my story.



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