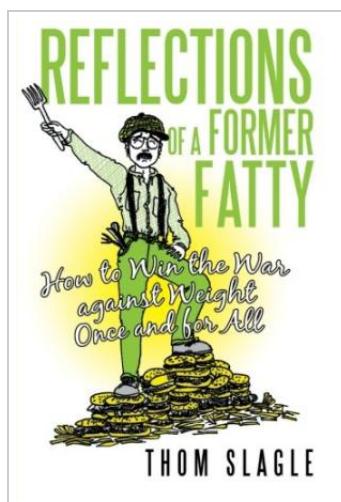




Reflections of a Former Fatty: How to Win the War Against Weight Once and for All (Paperback)

By Thom Slagle

iUniverse, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.It s no secret why most weight-loss programs don t work: they require you to give up great-tasting foods and engage in exercise. Thom Slagle always suspected most diets were created by skinny guys in white lab coats who don t have a clue as to the inherent problems that people of excessive weight must constantly confront. In response, he came up with his own approach to losing fat-and it works! To lose extra pounds, you need to set the bar lower than most weight-loss programs-much lower. Using common sense, basic instincts, and, most importantly, willpower, you can lose the weight that s refused to come off. What s more, you can do it without sacrificing any of the foods you love so much.

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