

Big Fat Lies (Paperback)



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Reviews

A must buy book if you need to adding benefit. It really is writter in easy terms instead of difficult to understand. I found out this ebook from my dad and i advised this publication to find out.
(Prof. Elton Gibson I)

BIG FAT LIES (PAPERBACK)



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Poulin Ventures LLC, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book is not for those looking for some Hollywood headline diet program with endless promises of magic pills and quick fixes. This book is not for those who want to continue in the energy draining cycle of losing weight only to gain it back again. This book is for those who want the TRUTH. Everything You ve Been Told about Weight Loss Is A Big Fat Lie! Seriously, it really is. You ve tried it all haven t you? Weight-Loss fads, challenges, and every other diet out there--but nothing seems to stick. Finally, someone has the courage to tell you why. Kaelin Tuell Poulin, the woman who lost 65 pounds in 7 months while still eating pizza and ice cream, cuts through the B.S. She debunks the MYTHS and reveals the TRUTHS about losing weight and creating a lasting healthy lifestyle that will TRANSFORM your life. No more weight loss tips from people who haven t lost any weight. On her own personal journey, Kaelin discovered that the reason her and other women had a hard time losing weight and keeping it off was because the weight-loss industry was lying about how to actually get healthy and have long-term success. To help you discover your own incredible story, the founder of the LadyBoss movement now shares her inspiring personal journey from being clinically obese and hopeless to fit and confident. Kaelin s award-winning achievements in fitness and health, backed by careful research, led her to develop the Lady Boss Formula for weight loss success that tens of thousands of women around the world--housewives, executives, athletes, students, and busy moms--have used to lose weight and keep it off forever. How is your...



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