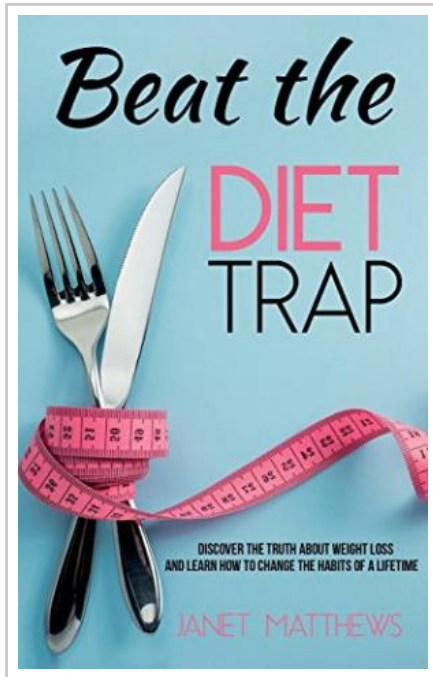




Beat the Diet Trap: Discover the Truth about Weight Loss and Learn How to Change the Habits of a Lifetime

By Janet Matthews

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you tired of fad diets and all of their empty promises? There so many weight loss books available encouraging you to try the latest dietary fad. There are books that offer fast weight loss, how to lose 7 lb in a week and even how to lose weight without dieting. With so many options to choose from it is very difficult for the majority of us to know which way to jump, and inevitably we end up in the diet trap. Have you read the latest on health, only to feel more confused? As a result of so much information out there on health and weight loss, we either do nothing out of frustration or we avidly read all the books available hoping to find the holy grail of weight loss, only to be left more confused by it all. The purpose of this book is not to give you yet another weight loss regime to confuse you even more, but rather to help you to understand the muddle you may currently be in and help you...



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