



## Diet Revolution: The Ultimate Guide to Help You Get Healthier New You with Balanced Meals. Weight Loss Guaranteed (Paperback)

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By Sam Jones

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Take care of your body. It's the only place you have to live - Jim Rohn. Are you confused by all the conflicting studies and advice on weight loss and health? Are you tired of dieting, getting off track and dieting again with no long-term results? Do you get easily discouraged by grueling workout routines recommended by experts? If so - you are not alone! In this no-nonsense guide I've shared my experience, easy to follow plan, tips, as well as really easy and quick recipes (satisfying and delicious - no cooking experience required!). Take it from a busy woman with a family of four, who found a way to manage stress of overeating and packing on unwanted pounds. Get back on track once and for all. I did it and so can you! Remember, it's not as much about how much you eat but what you eat! Join me on this exciting, life-changing journey.



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