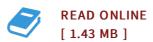




To a New You (Paperback)

By Krista Simons

Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This book is more than just about weight loss it is about getting healthy physical, mentally and emotionally. In this book you will find information on how your body works, nutrition, weight loss/control, workouts, recipes and lot more but most of all that it DOES NOT TAKE A LOT OF MONEY OR GYM MEMBERSHIP to lose weight. For the reader I want you to know on a personal level that I am no millionaire nor do I spend endless hours in the gym. To be honest with you I have been battling weight loss my whole life always failing and thinking it was going to have to take money to help me lose weight which I have never had. I have poured my heart into this book and if I can just reach out to one person in a positive way I will feel that all my hard work has paid off. I hope you enjoy this book and I wish you the best on where ever your journey takes you in life. Last all the...



Reviews

Simply no words to explain. It really is basic but shocks from the fifty percent of the ebook. I am just happy to explain how this is the finest pdf we have read within my personal life and could be he best ebook for possibly.

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This book could be worthy of a read through, and a lot better than other. It can be full of knowledge and wisdom I am just happy to tell you that here is the best book we have read through inside my personal lifestyle and could be he finest pdf for ever.

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