

Simple, Inexpensive, and Painless Weight Loss: I Did It and You Can Do It! My Personal Weight Loss Story (Paperback)



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Reviews

*The ideal pdf i at any time go through. It is really basic but unexpected situations from the fifty percent of your pdf. Its been designed in an extremely easy way and is particularly only after i finished reading this pdf through which really changed me, alter the way i really believe.
(Prof. Kendrick Stracke)*

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Dog Ear Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Want to lose weight but hate the thought of working out? If you're like most people, you're looking for an alternative to starvation diets, supplements, prescriptions, expensive prepackaged meal plans, and unused exercise equipment. Simple, Inexpensive, and Painless Weight Loss offers a fun, straightforward, and easy-to-follow plan that will help you reach your weight loss goals-and keep the weight off. And you'll save money in the process! Simple, Inexpensive, and Painless Weight Loss is truly about getting back to the basics. By using simple, easy-to-prepare foods that fit any budget-many prepared in fifteen minutes or less-you can lose weight and keep it off. No more counting calories, bland food, or workout DVDs. Stop starving yourself and spending all your time at the gym, only to have the weight creep back. Mike Sasser lost weight and kept it off using this deceptively simple system, and his personal weight loss story can be your personal weight loss story too! About the Author Mike Sasser struggled with his weight for most of his life, until he made a fundamental change in the way he thought about food and exercise. After managing health and safety in a demanding industry for over 12 years and successfully reducing incidents through data analysis, positive feedback, and behavior-based processes, Mike set out to apply his experience to weight loss and maintenance. Through much research-and trial and error-he discovered a natural, healthy way to lose weight, and he wants to share his experience to inspire others to reach their own weight loss success stories. A portion of the proceeds from Simple, Inexpensive, and Painless Weight Loss will go to charitable organizations that...

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