



## Lose the Weight: 99 Weight Loss Tips (Paperback)

By Amy Culderson, Mike Shaw

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Finally Learn How To Lose The Weight Naturally! Lose The Weight - 99 Weight Loss Tips is your complete guide to losing weight both naturally and safely while having fun doing it. Does it seem like you try one thing only to find it doesn't work the way you want it to, and then you go back to searching for the next fitness program or dieting fad, only to find that it again doesn't exactly work as they promised? Get The FULL Weight Loss Plan, Not Just Part Of It: The book is broken down into 99 tips spread across 5 main parts: The Start, Motivation/Mindset, On The Daily, Diet Food, and Fitness/Exercise. - The Start: In this section you will learn how to make your own plan and set goals for yourself from the start so you can be sure you are starting on the right track. - Motivation/Mindset: Besides planning and setting goals, there's a whole lot more you can do in order to truly motivate yourself to lose weight faster and easier, including changing your mindset and...



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