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CONTROLLING YOUR WEIGHT - GETTING RID OF THE CHUBBINESS AND FAT (PAPERBACK)



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Introduction I Want to Be Thin. Weight and Psychology Practical Tips for Weight Reduction The Bread-And-Butter Diet Genetics Calories in Your Diet Calorie Counting Diets Exercises for Weight Loss Stomach Exercises Spare Tire and an Obese behind Hip and Thigh Exercises Waist Exercises Conclusion Author Bio Publisher Introduction Healthy eating means a healthy body. Just...

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- Authored by Dueep Jyot Singh, Managing Director John Davidson
- Released at 2015



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