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OBESITY STORIES: WEIGHT LOSS FOR WOMEN THAT WORKS FAST (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****. Obesity remains the major source of disease and early death among women, The difficulty in losing weight is often not a lack of understanding what you need to do but more frequently a lack of motivation. We all know that eating right and exercise are key to losing weight but of equal importance is having a strong enough motivation...

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- Authored by Elizabeth May
- Released at 2017



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