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By John J Finley

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Over 30 years in the making Guaranteed to Work The Only Solutions Permanent Weight Loss solutions I lost over 50 pounds nearly 30 years ago and never gained it back! From a military Diet Private to Weight Loss expert without dieting, diet pills, diet meals or medical intervention. While training in boot camp I was told by my Sr. Drill Instructor I was too fat to graduate with my platoon. Since spending more time in boot camp was not appealing to me, I agreed to become a military diet private and the rest is history. I lost the weight permanently, graduated with my platoon, and I've been able to manage the same weight for almost 30 years. Discover in my book how you can incorporate the same behavior modification techniques I used to overcome excess weight. According to government statistics and plainly visible evidence, 97 of all dieters fail and most gain back the weight they lost plus a few extra pounds within 5 years. In other words, only 3 of dieters experience successful weight loss. What...



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