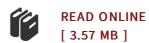




Permanent Weight Loss Solutions: Increase Your Net-Worth and Employers Profitablity by Staying Healthy and Fit

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...



Reviews

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