

## Healthy Weight Living Well in the 95 : Size 10 Is the New Size 4! Killer Workouts, Killer Cheat Days! (Paperback)



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## HEALTHY WEIGHT LIVING WELL IN THE 95 : SIZE 10 IS THE NEW SIZE 4! KILLER WORKOUTS, KILLER CHEAT DAYS! (PAPERBACK)

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Archway Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This is the guidebook on how to reach a healthy weight while ditching our society's skinny obsession. Denise Roma, a fitness coach who was once significantly overweight herself, breaks everything down: what to eat, finding exercise that's fun and reducing the stress that interferes with weight loss. Denise used to think that her body was broken from yo-yo dieting. She thought she'd never be able to lose weight - and keep it off. But she learned how to eat and exercise, and now she's fifty pounds lighter than she was at her heaviest weight. Along the way, she discovered a rewarding new career: helping others become the vibrant, healthy people they are meant to be. She continues that mission in this weight-loss guide. Learn how to: treat your body with love and respect; develop a positive attitude and self-image; reject false messages about what you should eat and weigh; feel lighter and healthier than ever before. If you're tired of diets that don't work for long, hate the way your body looks in photos, feel like a slave to food cravings, and are convinced that no diet or exercise program will help you, then this book is for you. By truly caring for your body, eating nutritious food, and staying active, you can keep off those extra pounds. Find out how, step by step, in Healthy Weight, Living Well in the 95 .



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