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## Living the Thin Life: Creative Ways to Maintain Your Weight for Life

By Elle Meyer

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 220 pages. Dimensions: 7.8in. x 5.1in. x 1.0in. *Live the Thin Life!* Tired of hearing the same old weight management advice from diet and fitness experts Ready to get creative Find ways to maintain a healthy weight that will actually work. My how-to health and fitness book offers practical suggestions for people just like you! Find Inside: Weight loss motivation tips Healthy eating suggestions How to identify your own eating personality Exercise tips Detailed guides to customize your plan Quizzes Real success stories 50 healthy recipes *You Can Do It!* Its possible to stay thin past 30 40 50. Im doing it. You can too! This book is perfect for anyone wanting to find a style of dieting that suits their personal needs. - Rita R. , Rita Reviews This is a great reference book to help keep you motivated in losing weight and maintaining the weight loss. - Cristi K. , The Kings Court IV I loved finding out my eating personality. .... apparently I am a lion. . . roaaar! Which means I need a high protein low carb diet plan. Which one are you - Carol P. ,...



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