



The Insider s Guide to Losing Weight and Keeping It Off

By Vipin Marwah

Partridge India, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. The Insider s Guide to Weight Loss and Keeping it Off reveals the best kept secret in metabolic science which governs bodyweight. Over the last four decades, knowingly or (more often) unknowingly, a few million lucky people have lost weight by following this secret principle. The author strongly feels that it is high time that this elusive scientific phenomena be simplified for the masses for their benefit. The book is designed to interest anybody who falls in any of the following categories - is overweight - has tried to lose weight unsuccessfully in the past - has lost weight only temporarily and not able to maintain the same. The author simplifies complicated scientific principles to easily comprehensible language. Using simple English words this book gives theoretical insights while keeping the practical applicability at the highest priority. It will take the reader less than two hours to read the book and quickly grasp highly effective strategies to lose weight and keep it off. Should you choose to pick up this book, it will change how you look...



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