



## Love Handles: A Story of Finding Love and the Weight Gain as a Result of It. (Paperback)

By Telisha Teka Rose Wheeler

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Love Handles discusses how to combat the weight gain men and women face after becoming a couple. Love Handles describes to readers what happens when people go from sexy singles to couch couples and how those actions and other seemingly innocent habits result in weight gain. Love Handles provides the tools and insight to singles and couples on how to properly combat those bad habits with diet and exercise, while continuing to have fun and enjoy life. Love Handles breaks down for readers how you can shop right, eat clean and exercise; all while still enjoying those fun, social and romantic evenings in together. Love Handles is great for fun, flirty singles looking to stay fit or for couples who've been married for fifty plus years! Love Handles is a great start to healthier living for everyone. Look out for Love Handles: The Journey, which covers a more in-depth look at healthy living, delicious recipes and fit tips for all!.



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